

Local

pg 3

**Dartmouth woman wins 6-49**



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Canadians, PM disagree on climate: Poll

**Go Green**

**ENVIRONMENT** A new poll suggests most Canadians don't share the Harper government's key position on climate change as a major UN conference opened yesterday in Copenhagen.

The government has doused hopes of an agreement in Copenhagen to replace the Kyoto Protocol, saying Canada has set its greenhouse gas emission targets and won't budge unless developing countries sign on.

But 64 per cent of respondents to a survey by The Canadian Press Harris-Decima said rich nations have a responsibility to commit to higher and harder targets than developing countries.

THE CANADIAN PRESS

MORE COVERAGE, PAGES 5, 7, 9

**News on the Move**

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**Food pg 21**



**Slow and comforting**

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Activity at the command centre area for police and search and rescue was a precursor yesterday to news breaking that seven-year-old James Delorey was found alive, but in critical condition. Inset: Delorey's dog, Chance. Searchers say Delorey likely survived his two nights in the woods by seeking shelter and huddling with the dog.

## Autistic boy found in critical condition

**An autistic boy who survived two frigid nights lost in a densely wooded area of Cape Breton probably saved himself by seeking shelter under a thick carpet of underbrush and huddling next to his dog in the snow, searchers said yesterday.**

Seven-year-old James Delorey was unconscious and suffering from severe hypothermia when he was found around 12:15 p.m.

His dog, a mixed-breed named Chance, had emerged from the marshy forest north of Sydney about two hours earlier, spurring searchers to

redouble their efforts to find the little boy.

James was listed in critical condition when he was picked up by helicopter and taken to the IWK Health Centre in Halifax.

"He had severe hypothermia and was unresponsive," said Paul Maynard, a spokesman for Nova Scotia's Emergency Health Services.

"He did have very weak vital signs. That's why we transported him and are trying to warm him up and get those vital signs back to normal range. Our fingers are crossed. Hopefully, a miracle will happen and

he will pull through."

Police said James had wandered away from his home in South Bar Saturday afternoon while following his dog, triggering a massive search involving hundreds of people and three aircraft.

Within hours of his disappearance, a large snowstorm moved into the region, dumping up to 15 centimetres on some areas.

The boy, who can't speak, was not wearing a winter coat, hat or mittens.

Desiree Vassallo, a spokeswoman for Cape Bre-

ton Regional Police, said the brown-haired boy was found 1.3 kilometres from a temporary police command post in South Bar.

Chief Myles Burke of Cape Breton Regional Police said James's parents were overwhelmed by the response they received in the search for their son.

"This story has touched the hearts of the entire Cape Breton community, this province and right across this country," Burke said.

THE CANADIAN PRESS

## Nova Scotian pleads guilty to Alberta murder

**CRIME** A former Nova Scotia man has pleaded guilty to second-degree murder in the slaying of a single mother in her central Alberta home last winter.

Brett Jones, 20, also pleaded guilty yesterday in Red Deer to theft and unlawful confinement.

Jones, who is from Dartmouth, was originally charged with first-degree murder in the death last February of 23-year-old Teagan Klein.

He will be sentenced Feb. 24.

Klein's mother discovered her body in her Red Deer house. Klein's three-year-old son was allegedly confined in the house with his dead mother for at least 12 hours.

Jones was a scoring star with the Dartmouth Subways who was dismissed from the team for off-ice reasons. He joined the Junior A Antigonish Bulldogs, where he was also sent home for off-ice reasons.

He played with the Dartmouth Whalers Minor Hockey Association and was picked to be on the all-rookie team in the 2004-05 season of the Nova Scotia Major Midget Hockey League.

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# Local

## Our Lady Peace tickets going on sale

Canadian rockers Our Lady Peace are returning to Halifax for a performance at the Cunard Centre on March 7 at 8 p.m. The stop is the first on a cross-Canada tour and will see the band play its diamond-certified album *Clumsy* from beginning to end. Tickets for the show go on sale Saturday at 10 a.m. and cost \$44.40, plus service charges. They can be purchased online at [ticketpro.ca](http://ticketpro.ca) or [geg.ca](http://geg.ca).

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## Senior killed after vehicle struck by ambulance

**HIGHWAY** An elderly driver is dead after an ambulance crossed a highway median near Stewiacke and struck his car.

Arthur Lawson Carter, 78, of Truro was pronounced dead at the scene of the accident Sunday on Highway 102, about one kilometre south of Exit 11.

The RCMP say the ambulance was travelling south-bound when it went out of control, crossed the median and struck Carter's oncoming car.

Two paramedics in the ambulance were taken to hospital with minor injuries and released.

A patient, who was being transferred from Sydney to Halifax, also received minor injuries.

Police say the road was wet and clear at the time, with a light drizzle falling. They were continuing their investigation yesterday.

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WHAT'S ONLINE TODAY

**Video** Economy of Newfoundland town hit hard by EU ban on Canadian seal products at [metronews.ca/canada](http://metronews.ca/canada)

**Your Money** Allan Small on what impact America's surprising unemployment numbers could have on the markets at [metronews.ca/investing](http://metronews.ca/investing)

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Geraldine White of Dartmouth holds a cheque for \$14 million. She won last week's Lotto 6-49 draw, which was worth an estimated \$28.6 million. A second winner was announced in Ontario yesterday.

## Dartmouth woman hits \$14M jackpot

Geraldine White left speechless, husband says

**MONIQUE MUISE**  
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**Ed White thought his wife was having some kind of medical crisis when he entered their Dartmouth home Saturday and found her unable to speak and barely able to move.**

"She was just pointing at a paper and making these weird noises," the 64-year-old said yesterday in a telephone interview. "There were no words coming out."

It turns out Geraldine White was just a bit shaken after realizing the family had won \$14 million.

The Whites' weekly lottery ticket, purchased Thursday morning in Dartmouth, matched all six numbers in last weekend's Lotto 6-49 draw, valued at roughly \$28.6 million.

A second winner was de-

### Seller's prize

- A one per cent seller's prize is being awarded to the Lawtons Drug Store on Primrose Avenue in Dartmouth, where Geraldine White purchased her ticket.

clared in Ontario yesterday.

"I called in to get my numbers, like I do every week," said Geraldine, 66, who was in Moncton yesterday with her husband to collect the winning cheque at Atlantic Lottery Corporation headquarters.

"I noticed I got the first three numbers, which I sometimes win. Then I looked at the fourth one and I got it, and the fifth one and I got it, and the sixth one ... and by then I couldn't talk."

The reality of their situation finally started to set in

once Ed grabbed the ticket and confirmed the numbers were correct.

"That convinced me, but the rest of the family took a long while to convince," he laughed.

That family includes three adult sons, two adult daughters and nine grandchildren, and Geraldine said at least some of the windfall will be divided up amongst them.

For Ed, a pipe fitter who was on medical leave from his job at the Halifax Shipyards after injuring his legs at work, the money will also mean an early retirement.

According to Geraldine, whatever remains will go towards some major purchases over the next few months.

"First thing after the new year, I'm buying a new house and a new car," she said.

## Man arrested after hours-long standoff at home

**INCIDENT** Halifax RCMP arrested a man after a standoff that lasted four hours yesterday morning near the Halifax International Airport.

Police spokesman Cpl. Joe Taplin alleged a 66-year-old man called 911 at 4 a.m., threatening police

and stating he had dead bodies with him.

Taplin said an RCMP emergency-response team responded to the incident and the man had barricaded himself inside a home on Oldham Road. The road was shut down during the standoff.

Police arrested the man without incident after he attempted to leave the area shortly before 8 a.m.

Taplin said no bodies or firearms were located after a search of the home. He said it is not known what sparked the incident.

METRO HALIFAX

## McDonald's murderer granted more absences

**LEAVES** One of the men convicted in the McDonald's murders has had his unescorted leaves from prison renewed.

The Cape Breton Post received a copy of the board's Nov. 25 written decision regarding Darren Muise, 36, by mail yesterday.

In August, the board approved a 60-day unescorted absence program for Muise. He was granted a leave of 24 hours in the first month and 48 hours in the second month. At the time, it was noted the program was gradual and expected to be renewed every 60 days.

The latest decision allows for two 48-hour absences for personal development within the next 60 days, to be spent at his girlfriend's home.

"You have complied with all conditions imposed on these absences and have demonstrated a good sense of responsibility," it states.

The decision notes Muise's case-management team didn't ask the board to authorize two absences of 72 hours each. The board concluded he met le-

### Background

- Darren Muise received a life sentence with no possibility of parole for 20 years for the second-degree murder of Neil Burroughs Jr. in a botched robbery in the early morning hours of May 7, 1992, at a Sydney River McDonald's restaurant. Also killed that night were James Fagan, 27, and Donna Warren, 22.

gal criteria for the recommended absences, but believes his reintegration needs to be very gradual and will take time and effort by him.

It ruled the next absences should be the same length "so that you do not rush and place yourself for failure or difficulties." The board noted it will allow him to demonstrate stability and build up credibility toward a more gradual release.

Muise is to refrain from having any contact with the surviving victim or the victims' families, and can't communicate with anyone with a criminal record.

CAPE BRETON POST

### News in brief

**ACCIDENT** RCMP say one person is dead after a four-vehicle accident near Havre Boucher in northeastern Nova Scotia. Emergency personnel were called to the scene yesterday near Exit 38 on Highway 104. Police say the driver of a west-bound vehicle was pronounced dead at the scene.

RCMP say three other people were taken to hospital, but the extent of their injuries was not known. Police say alcohol was not believed to have been a factor in the crash, but the shoulder of the highway was covered in slush and may have been a contributing factor.

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**Spring Garden Area's Quick Facts**

Did you know that Tom Jeffries, owner of **Comfort Zone** in Park Lane Mall, has been in the shoe business for 49 years having started at the Salon de la Barre in the Lord Nelson Arcade!?

[springgardenroad.com](http://springgardenroad.com)



Harold T. Barrett Junior High in Beaver Bank was closed yesterday because of no heat in the school. A main valve on the boiler, which controls the distribution of hot water heating throughout the building, wasn't working. Repairs were being done yesterday with the school to be back open today. **METRO HALIFAX**

# 350 call centre jobs coming to Halifax

PAUL MCLEOD  
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**More than 300 new call centre jobs are coming to Halifax, due in part to a nearly \$2-million provincial government grant.**

Blue Ocean Contact Centers plans to expand its business by 350 employees over the next five years. About 90 per cent of those will be customer support jobs, with the rest to be taken up by management. Yesterday, the province announced it was giving Blue Ocean a \$1.95-million payroll rebate through Nova Scotia Business Inc.

"This is exactly the kind of company the province of Nova Scotia is proud to support," said Finance Minister Graham Steele, noting the company's sponsorship of two student bursaries and support of local events.

The average salary for the new jobs is \$30,000, slightly more than the company average of \$28,000. The customer service jobs include requirements to meet performance targets.

Nova Scotia has seen several call centres close shop in recent months, leaving their employees out in the cold.

But NSBI president Stephen Lund said the idea



Nova Scotia Finance Minister Graham Steele speaks during the announcement yesterday of Blue Ocean Contract Centers' plan to hire 350 employees.

## \$1.95M

Blue Ocean Contact Centers will receive a \$1.95-million grant through Nova Scotia Business Inc. to expand its staff, the province announced yesterday.

of a call centre exodus from the province is a myth  
"We've seen a number of

companies that have closed, as we've seen in every sector," he said. "But we also, don't forget, have added contact centres. So overall we're probably about equal."

He said most companies that have shut down centres in recent years have quickly been replaced by others.

"The sector's actually pretty healthy," Lund proclaimed.

Blue Ocean COO Elizabeth Currie said her com-

pany has built up stability through a diversity of clients.

"We've engaged in ... multi-channel, multi-year contracts with our clients. In the event that a client should make the decision to go in another direction, we usually transition those employees to other parts of the business," said Currie. "We're not adding 350 jobs for a single client."

The company announced it is hiring immediately.

## Nova Scotia Business chief defends secrecy in business dealings

**TRANSPARENCY** The president of an arm's-length government agency defended the practice of keeping details secret of business transactions involving taxpayer money.

Nova Scotia Business Inc. is an agency that hands out loans and funding to spur business in the province. As reported recently in business website allnovascotia.com, NSBI heavily censors freedom of information requests for details about its dealings.

At a press conference announcing close to \$2 million to Blue Ocean Contact Centers yesterday, NSBI president Stephen Lund said those decisions are not made lightly.

"We're as open as we can possibly be because it's public money. We want to be as transparent as possible," Lund said.

"We just have to make sure we keep our clients in mind in terms of the information we exhibit ... If you talk to any other companies, the amount of information they give out could be detrimental to their

**"We're as open as we can possibly be because it's public money."**

Stephen Lund

business."

Lund said if the NSBI was forced to give away too much info it would scare off business partners.

Finance Minister Graham Steele was also at the announcement yesterday. In the past he successfully fought a lawsuit on behalf of the NDP to get more business information through the freedom of information and protection of privacy act, or FOIPOP. "I have had a long association with FOI stuff but I don't want to turn myself into the FOI cop where I tell other units of government what to do," Steele said when asked about NSBI's disclosure.

"Very simply we expect all units of government to know the law and to apply the law."

PAUL MCLEOD/METRO HALIFAX

## McNamara officially named as province's deputy health minister

**HEALTH** Kevin McNamara was officially named deputy minister of health yesterday after serving in the role for the past five months.

McNamara became acting deputy minister in July, replacing Cheryl Doiron. He will now assume the position permanently.

He previously worked as CEO of the South Shore District Health Authority.

McNamara was also deputy minister of the department of environment and labour and vice-president of human resources for the Queen Elizabeth II Health Sciences Centre.

METRO HALIFAX

## Labour groups gathering to fight NB Power sale

**ENERGY** Organized labour in Atlantic Canada is marshalling resources to fight the proposed sale of NB Power to Hydro-Quebec, arguing it will kill jobs and stifle development of new power projects.

Representatives of the Canadian Labour Congress, two provincial labour federations, and several large unions were on hand yesterday for a speech by New Brunswick Finance Minister Greg Byrne to the Atlantic Institute for Market Studies.

"He's talking about lead-



**"Our objective all along was to ensure that we could have the lowest rates available and that's what we are achieving."**

N.B. Finance Minister Greg Byrne

ing by example," Michel Boudreau, president of the New Brunswick Federation of Labour, said after Byrne's speech in Halifax.

"The government promised in 2006 that they wouldn't sell NB Power, so they should stick by their word."

Under the proposed deal, Hydro-Quebec would assume all the major assets of NB Power, including transmission lines, for \$4.75 billion, essentially erasing the utility's entire debt.

It would also freeze residential rates for five years

and reduce industrial rates by as much as 30 per cent in some cases, an arrangement Byrne says is worth another \$5.5 billion in savings.

"Our objective all along was to ensure that we could have the lowest rates available and that's what we are achieving," he said.

"Here we are less than a year from an election and it probably would have been a lot easier to let this one slide, but that's not leadership and we're not shying away from that."

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## Annapolis-Digby projects given boost

**DEVELOPMENT** Nova Scotia is contributing financially to a five-year plan to increase development opportunities in the Annapolis-Digby region.

The Department of Economic and Rural Development is committing \$30,000 to the project, which is slated to include the revitalization of the Annapolis Royal water-



Ramona Jennex

front with an extended wharf and boardwalk.

The strategy, directed by the Annapolis Digby Economic Development Agency, will expand on a

two-year provincial commitment of more than \$124,000 to develop the waterfront.

Municipal Relations Minister Ramona Jennex says the project will help stimulate job creation and attract investment.

The existing wharf will be extended by 22 metres and include a floating dock.

THE CANADIAN PRESS

## News in brief

**THEFT** Recent thefts and vandalism at a non-profit organization in Truro is taking its toll on morale. Last Thursday night, a Christmas pine wreath, donated by a local craft fair, was stolen off the front door of Maggie's Place on Arthur Street. On Oct. 30, the Maggie's Place sign was ripped off the front of the building. Previously, plants and flowers have been uprooted or stolen.

TRURO DAILY NEWS



**Colchester Co-operative says it needs \$500K to stay open**

An infusion of about \$500,000 is required to save the Colchester Co-operative from closing its doors, a spokesperson says. A meeting is set for Dec. 17 during which the co-op's member/owners will vote on a special resolution to close the 53-year old business that employs 27 people. **TRURO DAILY NEWS**



Protesters stand in front of a make-shift five-metre high barrel of oil yesterday in downtown Halifax.

## Eco-fund flush with cash as deadline nears

**PAUL MCLEOD**  
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A \$10.8-million green fund is fast approaching its January deadline, but after two years it hasn't even been half used.

There's about \$6 million left in Nova Scotia's ecoNova Scotia Fund for Clean Air and Climate Change.

The deadline to apply for funding is Jan. 31.

The fund was set up through federal grant money in late March of 2007 but so far has committed only \$4.8 million.

There's even more to spend after the government shifted another \$1.25 million into the ecoNova Scotia fund yesterday.

The province announced the reallocation in a news release titled "More funding to fight climate change."

In reality, the money is all from the same pot. The province received \$42.5 million in 2007 and set up various green initiatives. According to the environment department, the ecoNova Scotia fund is being beefed up with money that didn't get used in other projects.

The fund goes towards helping businesses make the switch to green technology, as well as supporting green manufacturers.

In the past the fund has supported companies making low-energy LED street lamps and more efficient windows for homes.

A department spokesman said it wasn't clear what would happen to the fund if it's not exhausted by January.

**ShareYourViews**

halifaxletters@metronews.ca

## Group rallies for renewable energy sources

Country needs to get on green 'bandwagon,' say protesters

**MONIQUE MUISE**  
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**If a strongly worded letter denouncing Canada's climate change policy wasn't going to get the attention of federal ministers, a group of protesters in Halifax figured a five-metre-high barrel of oil might do the trick.**

About a dozen people from the Ecology Action Centre (EAC) gathered yesterday on the corner of Hollis and Duke streets — just steps from Defence Minister Peter MacKay's downtown offices — to erect a huge, black cylinder meant to resemble a container of fuel.

"I think what we're trying to say is basically that there are energy sources other than oil, and we really need to start moving towards renewable energy," said Marla MacLeod, who attended the rally. "There are no other options."

The protest, which included a brief theatrical performance starring EAC director Mark Butler as a bewildered Prime Minister Stephen Harper, was scheduled to coincide with the opening day of the United Nations climate change



conference in Copenhagen, Denmark. Over the next two weeks, thousands of delegates from around the globe will meet to come up with a new plan to tackle global warming.

EAC energy co-ordinator Cheryl Ratchford said she is hopeful the talks will produce tough new regulations that will force Canada to invest in wind, solar and biomass energy.

"Less than one per cent of our economy runs on renewable energy," she said. "Unless we get on the bandwagon and compete in the clean energy sector, we'll fall behind and our economy will be at greater risk."

Ratchford added the federal Conservatives could take a lesson from Nova Scotia's provincial government, which plans to place an absolute limit on the province's greenhouse-gas emissions from the electricity sector.

"We're taking steps ... but if we want to increase our renewable energy sector here, we need financial support at the federal level," she said.

## Man charged in BlackBerry thefts

A 37-year-old man has been charged after Halifax Regional Police say a man broke into the Virgin mobile phone kiosk at Scotia Square Mall over the weekend and stole several BlackBerry.

Police say when staff arrived at work Sunday morning they found a glass door forced open and a quantity of BlackBerry telephones

stolen. Police say the suspect was identified through a mall security video and located a short time later at the corner of Gottingen and Buddy Daye streets. He was arrested just after 8:30 p.m. and is set to appear in court next month charged with break and enter.

Police say the stolen items were also recovered.

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The Halifax RCMP checked 3,650 vehicles Saturday as part of its Operation Scrooge campaign, which is a reminder for people to lock vehicle doors and to keep valuables out of sight while out shopping. There were 1,300 vehicles checked in Tantallon, 1,350 in Lower Sackville and 1,000 in Cole Harbour. **METRO HALIFAX**

# Brigadoon magic infects cast

## 23 excited N.S. youth get ready for opening night

ALY THOMSON  
for Metro Halifax

An electricity of excitement circuited through young actors and actresses at the Neptune Studio Theatre yesterday during rehearsals for *Brigadoon*.

"I show them the poster, they scream. I tell them we're four days away from opening, they scream," director Samantha Wilson said during a media call for the play production.

*Brigadoon* is set in 1746 and tells the tale of a mysterious village in the Scottish Highlands that appears out of the mist for only one day every hundred years.

The 23 Nova Scotia youth featured in the production went through a strenuous audition process to grace the Neptune stage. The 13- to 18-year-olds endured two auditions and a two-week boot camp to be called Neptune's Young Performance Company.

Wilson said you have to



Thomas Hiseler, who plays Andrew MacLaren, holds up a proclamation to the town in front of the cast of *Brigadoon* during a rehearsal at Neptune Theatre yesterday.

be a director as well as a teacher when directing a youth company.

"I love seeing the students rise to the challenge," said Wilson, who has directed seven plays at Neptune.

Devin Hindle of Lower Sackville has been acting since he was 10. He's been involved with Neptune for

three years, but this is his first lead role, playing Tommy Albright, a tourist who travels into a magical land. He said the production process is most exciting when the chaos of final rehearsal days loom.

"Tech weekend is my favourite ... because it's nothing but this," the 17-

year-old said, referring to full rehearsals with the technical crew.

### Play date

• *Brigadoon* runs Thursday through Sunday at Neptune Studio Theatre. For tickets, visit [neptunetheatre.com](http://neptunetheatre.com).

## Soldier released pending appeal in '07 shooting of comrade

**COURT** A soldier who fatally shot his close friend in Afghanistan in 2007 is being released from a Nova Scotia prison pending his appeal before the Court Martial Appeal Court of Canada.

Defence lawyer Lt.-Col. Troy Sweet says Matthew Wilcox will leave Springhill penitentiary and live with his parents in Glace Bay, N.S., by late yesterday or early today.

Wilcox was sentenced by a military judge to four years in jail and dismissed from the military after he was found guilty of criminal negligence causing

death and neglect of military duty in the shooting of Cpl. Kevin Megeney.

Wilcox's lawyers have filed an appeal of his conviction and sentence, arguing that the makeup of the military jury was unfair and that its members should have been permitted to view the scene of the shooting in Kandahar.

However, military judge Cmdr. Peter Lamont ruled during sentencing Sept. 30 Wilcox would have to go to prison until the appeal is heard by three Federal Court judges.

But yesterday, those judges ruled Wilcox should be free until they hear the appeal.

Sweet said his client was "pleased by the outcome."

THE CANADIAN PRESS



Matthew Wilcox

### News in brief

**DRIVING** Halifax Regional Police will continue to crack down on drunk drivers this month, conducting checkpoints throughout the region as part of "Operation Christmas." With the holiday party season now in full swing, police spokesman

Const. Brian Palmeter said it's even more important to educate the public about the dangers of impaired driving. Police say they issued a total of 870 traffic tickets to motorists in November for a variety of offences.

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**Diabetes numbers expected to rise**

The number of Canadians diagnosed with diabetes and its cost to the economy are expected to soar over the next decade, says a report by the Canadian Diabetes Association. **THE CANADIAN PRESS**

7

# Canada

## Greenpeace takes Parliament Hill

Protestors climb to roof, unveil banner



**The RCMP are investigating how 19 Greenpeace protesters in blue jumpsuits and white climbing helmets were able to scale two buildings on Parliament Hill undetected and unveil huge banners from the roof.**

It's believed the 14 protesters who climbed to the roof atop the West Block used scaffolding at the back of the building to gain

access at about 7:30 a.m. yesterday.

The last of them, dangling from ropes at the edge of the steeply pitched roof, were removed by an aerial fire ladder at mid-morning.

But the Royal Canadian Mounted Police, who are responsible for security outside of the Parliament buildings, would not immediately confirm anything.

"Right now it's still under investigation," said spokeswoman Caroline Poulin.

Security on Parliament Hill has been increased in the wake of the terrorist attacks of September 2001. RCMP will no doubt face tough questions about how a group of protesters could easily gain such access to Parliament Hill buildings in the light of day.

Five protesters were escorted off an entrance-way tower to the Senate in the Centre Block about one hour after staking their ground and unfurling a large banner saying "Stop the Oil Sands."

**THE CANADIAN PRESS**



Ontario NDP Leader Andrea Horwath, left, federal NDP Leader Jack Layton and British Columbia NDP Leader Carole James express their opposition to the HST being imposed on families in their respective provinces, in Ottawa yesterday.

## NDP unites in attempt to stop HST

**TAX** As HST legislation moves closer to passing in both Ottawa and at Queen's Park, NDP leaders are warning the new levy will help Bay Street on the backs of Main Street.

Ontario NDP Leader Andrea Horwath and B.C. NDP Leader Carole James joined federal leader Jack Layton yesterday in solidarity against the harmonized sales tax, which melds provincial sales taxes with the federal GST.

"It's basically kicking peo-

### Tax time

• In Ontario, the levy will be 13 per cent while in B.C. it will be 12 per cent. It is to take effect on July 1 in both provinces.

ple when they are already down in terms of their financial situation," Horwath said. "Ontarians have loudly and clearly rejected the idea of shifting the tax burden onto the backs of consumers while giving the

corporate sector a huge tax giveaway."

She and James emphasized the overwhelming majority of taxpayers in both provinces oppose the tax, which will increase levies on hundreds of goods and services, including home heating fuel, gasoline, taxi fares, haircuts and legal fees. But HST supporters say it will reduce taxes for businesses and those savings could be used to hire more employees.

**TORSTAR NEWS SERVICE**

### News in brief

**HEALTH** A new study says accidental deaths due to opioid use in Ontario have soared over the past couple of decades. The study says there's been a five-fold increase in deaths linked to oxycodone

use since OxyContin, which is a slow-release version of the opioid, came on the market.

**FREED** A family spokeswoman confirmed yesterday that an Alberta woman recently freed after 15 months of captivity in

Somalia is returning to Canada this week. Sarah Geddes said in an email that freelance journalist Amanda Lindhout and her family have left Nairobi.

**THE CANADIAN PRESS**

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Yukon sends 12 people to Denmark climate talks

When a dozen delegates from the Yukon land in Denmark later they will be among the best-represented jurisdictions in Canada. **THE CANADIAN PRESS**

# Liberals deny plot to remove Ignatieff

Grit leader plays off report as just 'gossip'

**Liberal Leader Michael Ignatieff is shrugging off rumours of coup plots against him as "gossip," not to be taken seriously.**

Ignatieff was responding to a column in Sunday's Toronto Star, which alleged that discontented MPs met with Bob Rae (Toronto Centre) last week and vented their frustration with Ignatieff's leadership.

Rae and almost all the MPs mentioned in the story issued swift denials to the Star as soon as it appeared on the weekend, calling it "fiction."

"I think it starts by not taking Angelo Persichilli too seriously," Ignatieff said, referring to the author of the Star column. "Look, this is a tempest in a teacup. This is not serious business. There's journalism ... and then there's gossip. And this is gossip."

"I was a participant in the conversation (cited in the

**"The column is a fiction of the columnist's own device."**

MP Carolyn Bennett

column)," Toronto MP Carolyn Bennett said, "and Mr. Persichilli was not."

"I participated in a conversation about ensuring that Michael Ignatieff becomes the next prime minister of Canada. The column is a fiction of the columnist's own device."

Persichilli said he had not expected anyone to publicly confirm the column.

"I stand by my story," he said. "As for the credibility, I don't know who's more credible — someone who says that the Liberal party is divided, or someone who says that it's united."

Tomorrow Ignatieff will mark one year since he landed in the top Liberal job, after Rae pulled out of

the contest to replace Stéphane Dion. The party has its Christmas bash that night, but holiday cheer may be in short supply.

Though Ignatieff experienced a honeymoon in public opinion for the first six months of his reign, the past six months have been bruising ones, seeing Liberals at historic lows in the polls and featuring resignations, firings and organizational chaos.

This week, Ignatieff has the headache of the harmonized sales tax legislation and the potential for caucus dissent among B.C. and Ontario MPs who oppose the HST.

The Liberal leader is expected to take a long break over Christmas, since Parliament doesn't resume until late January. In an interview last week, Rae said the caucus was solidly behind the leader.

TORSTAR NEWS SERVICE



Former Hollinger International CEO Conrad Black leaves U.S. federal court in this June 27, 2007 file shot in Chicago.

## Black's appeal heading to U.S. Supreme Court

**LAW** Conrad Black is taking his fight to the U.S. Supreme Court in a last-ditch appeal that, if successful, could grant him the vindication he has long dreamed of and cast doubt on a controversial law used to trap white-collar criminals.

Black, a member of the British House of Lords, has been serving a 6½-year prison term at the federal prison in Coleman, Fla., for

fraud and obstruction of justice. He will not be present at the hearing in Washington today.

His lawyers have readied an attack that focuses on the right to honest services — a concept developed to convict corrupt politicians who were seen as defrauding the public of their "honest services" as public servants — and whether it should apply to private conduct. **THE CANADIAN PRESS**

## Harper touts Asia in visit to S. Korea

**GROWTH** Canada must look to the East for economic opportunities because its traditional trading partners, the U.S. and Europe, will be mired in slow growth for some time, Prime Minister Stephen Harper said yesterday as he wrapped up his visit to South Korea.

Harper said Asia is becoming the world's economic engine and Canada has the natural resources the region needs to fuel its economies.

The prime minister commented after a two-hour meeting with Korean President Lee Myung-bak at the conclusion of what has been a sometimes rocky six-day tour of China and South Korea.

THE CANADIAN PRESS

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**Chimp's owner won't be charged: Prosecutor**

A Connecticut prosecutor does not plan to charge the owner of a chimpanzee that mauled and blinded a woman in February. A person with direct knowledge of the investigation tells The Associated Press that no charges are planned against chimp owner Sandra Herold. **THE ASSOCIATED PRESS**

# World



## Red Baron's death certificate found

A Polish historian says he made a surprising find when poring through First World War archives — the death certificate of Manfred von Richthofen, pictured, the German fighter ace known as the Red Baron. Maciej Kowalczyk said yesterday that he found the file last month while going through old German archives in the western Polish city of Ostrow Wielkopolski. The area was formerly German, and Richthofen was briefly stationed there.

THE ASSOCIATED PRESS

**Protests return to streets of Iran**

**TEHRAN** Tens of thousands of students, many shouting "Death to the Dictator!" and burning pictures of Iran's supreme leader, took to the streets on more than a dozen campuses yesterday in the biggest anti-government protests in months. Riot police and pro-government Basij militiamen on fleets of motorcycles flooded Tehran's main thoroughfares, beating men and women with clubs as crowds of demonstrators hurled bricks and stones. **THE ASSOCIATED PRESS**

Denmark **Climate conference opens**



Illuminated sculptures outside the Bella Centre, site of the Climate Conference in Copenhagen, Denmark, yesterday. The largest and most important UN climate change conference in history opened with organizers warning diplomats from 192 nations that this could be the best, last chance for a deal to protect the world from calamitous global warming.

## Step clears way for U.S. controls

**The Obama administration took a major step yesterday toward imposing the first U.S. government limits on climate-changing pollution from cars, power plants and factories, declaring there was compelling scientific evidence that global warming from manmade greenhouse gases endangers Americans' health.**

The announcement by the Environmental Protection Agency was clearly timed to build momentum toward an agreement at the international conference on climate change that opened yesterday in Copenhagen. It signalled the administration was prepared to push ahead for significant controls in the U.S. if Congress



does not act first on its own. The EPA finding clears the way for rules that eventually could force the sale of more fuel-efficient vehicles and require plants to install costly new equipment or shift to other forms of energy.

Energy prices for many Americans probably would rise — though yesterday's finding will have no immediate impact since regulations have yet to be written. Supporters of separate legislation in Congress argue they could craft measures that would mitigate some of those costs.

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Diplomats ease fears that the Italian conviction of U.S. student Amanda Knox will lead to a crisis between the two nations. Scan this barcode for the full story.

**News in brief**

**PAKISTAN** Separate bombings in the Pakistani cities of Lahore and Peshawar killed 46 people yesterday, as militants struck

back in the wake of an army offensive against a Taliban stronghold near the Afghan border.

**CHINA** Eight students were killed and 26 injured in a school stampede in Hunan province. **THE ASSOCIATED PRESS**



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# Comment & Views

EDITOR: MIKE.DEREZYCKY@METRONews.CA

METRO CANADA: TORONTO | OTTAWA | MONTREAL | HALIFAX | EDMONTON | CALGARY | VANCOUVER

## Comment

# Tories late to the table

## NationalReport

Lawrence  
Martin

metronews.ca/nationalreport

You don't have to look too closely to notice a pattern in our governing Conservatives.

They're late learners.

On two of the biggest trendlines of our time — global warming and the rise of China — they are among the last to the table.

In South Korea yesterday, Prime Minister Stephen Harper stated what has been obvious for many years — that Canada must increasingly look to the Asia-Pacific region for opportunities because it is the world's big growth area. He had come from China where he was scolded by the leadership for

taking almost four years to visit.

Soon he will be off to Copenhagen for the UN climate change summit. A week ago, he was at a Commonwealth meeting in Trinidad, where Ottawa's

foot-dragging on that issue was singled out by the UN Secretary General, as well as other leaders.

In Denmark he may surprise us and signal, as he did on trade with China, a new seriousness about the global warming issue. But even if he does, opposition critics have a right to wonder what took so long.

One explanation is Harper was a neophyte in foreign affairs when he became prime minister. His experience had been insular. He faced a steep learning curve. Another was his

strong ties to his conservative roots. Conservatives believed Canada's economic future lay in an ever-closer economic partnership with the United States. As for global warming, they were longtime

non-believers, as exemplified by the PM once labelling the Kyoto accord a socialist scheme.

For him and his party to get beyond the old-time religion has been a tough challenge. It was evident, too, in the Tories' handling of the economy. We recall little more than a year ago when the PM and his finance minister were among the last of the Western leaders to recognize the oncoming recession. They were holding to the view that there would be balanced budgets for years to come, that no

great spurt of stimulus funding was necessary. They were then smart enough to abruptly switch course and bring in Keynesian-styled economic strategies that ran against party dogma.

Another breaking-with-dogma test will be on the subject of taxation. To date, the government is holding to the line that, despite a deficit bordering on \$60 billion, no new taxes need be introduced to address it and avoid what many economists foresee as a structural deficit. Conservatives understandably loathe the idea of new taxes but, as on other matters, old beliefs have to be adjusted to fit new circumstance.

Hopefully, the gang that shoots late has learned by now that the adjustments shouldn't take years to come.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

**"Conservatives understandably loathe the idea of new taxes but, as on other matters, old beliefs have to be adjusted to fit new circumstance."**

## Views

# Structural leeway enables white-collar crime

## InBusiness

Charles  
Davies

metronews.ca/inbusiness

If PricewaterhouseCoopers' annual survey is an accurate indicator, economic or "white-collar" crime in Canada is growing at a disturbing rate, and far faster than in other developed countries.

The accounting giant, which has been totting crime statistics in 26 nations for the past five years, finds, that in 2009, 56 per cent of Canadian companies surveyed reported instances of fraud, a 10 per cent increase since 2003. Globally, only 30 per cent of

companies reported frauds this year, compared to 37 per cent in 2003.

The accounting firm's survey focuses on the various types of fraud — asset theft, accounting offences, money laundering, bribery and corruption — that are either perpetrated on companies by their own employees (59 per cent of the cases in 2009) or by outsiders including customers and suppliers (38 per cent of cases). The survey also makes the sobering point that economic downturns, such as the one we're in, increase "both the motivation and opportunity to commit fraud," just when cost-conscious companies are cutting back on resources used to assess risks and provide internal controls.

Still, this understates the problem of economic crime

in Canada. What the survey doesn't delve into, however, is our longstanding structural predisposition toward fraudulent behaviour. Generally accepted Canadian accounting principles have long drawn criticism for the generous leeway they allow public companies to creatively shape financial results. This situation will only worsen when Canada adopts the new global accounting benchmark — International Financial Reporting Standards — in 2011. Even more than the current system, IFRS will allow companies leeway to make judgment calls when presenting results.

It hardly helps that Canada stumbles along with a network of 13 provincial and territorial securities commissions, most of which are ineffective at

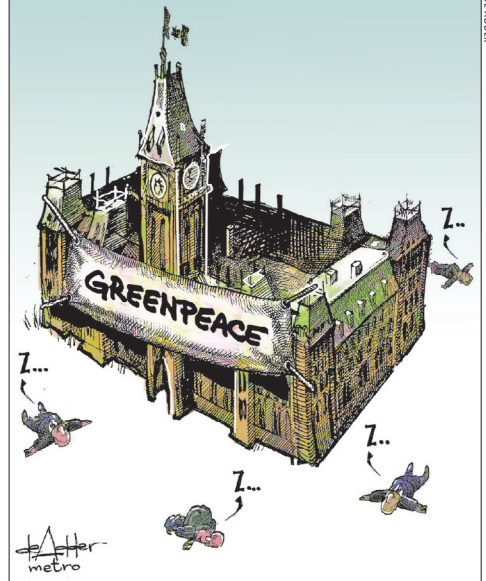
identifying or pursuing fraud.

To be fair, some progress is in the offing. Federal Finance Minister Jim Flaherty has been resolute in campaigning for a national securities commission against the parochial objections of Alberta and Quebec in particular. And in late October, the federal government introduced legislation to amend the criminal code to provide tougher sentences and other strictures against convicted fraudsters. The bill is currently at the committee stage.

Canada is taking baby steps when it should be making great strides, but some progress is better than none at all.

Charles Davies is a veteran business writer who has worked for Canadian and international news organizations.

## SECURITY PERIMETER



## Worth mentioning

# Texas man gives Santa a Renaissance makeover

A Texas homeowner who adorned his front lawn with Michelangelo's David as a scantily clad Santa got more than just jolly laughs from his neighbours.

Barry McBee says he was aiming to make people chuckle by adding a Santa hat and white beard to the 1.5-metre-tall replica of the Renaissance statue with six-pack abs — an image at odds with usual depictions of a fat, jolly St. Nick.

Then, parents started calling Big Spring city officials saying their children were asking why Santa was naked.

"I just like to shock people to make them laugh, kind of break the monotony around here," said

McBee, who has all kinds of animal yard ornaments in his garage. "I just bring them out occasionally."

Last week, code enforcement officials received an informal complaint and an officer went to photograph where McBee had placed the statue, which is normally in the backyard.

McBee eventually put a pair of black and white faux-velvet shorts, with a Christmas bow, on the statue.

THE ASSOCIATED PRESS

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Tuesday, December 8, 2009

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**Sesame Street toys find new home in Hasbro**

Toy maker Hasbro Inc. said it will make and market toys and games based on Sesame Street characters starting in 2011. The deal takes the licence away from Mattel Inc. **THE ASSOCIATED PRESS**

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# Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

## Pension trustees 'totally failed': Judge

The trustees of Canada's biggest private sector, multi-employer pension plan "totally failed" in restricting how much money the fund poured into questionable Caribbean hotels and resorts, a court has ruled.

Justice Beverly Brown of the Ontario Court of Justice ruled yesterday that trustees of the Canadian Commercial Workers Industry Pension Plan did nothing to make sure they limited investments in the Caribbean ventures to 10 per cent or less of the book value of the plan's assets in 2002 and 2003.

Brown said she heard no evidence at the trial into alleged breaches of the Ontario Pension Benefits



Act that the plan's 10-member board of union and company trustees ensured a special investment committee complied with requirements to limit exposure.

"The only inference that can be drawn from the record, in the face of the clear duty of the members of the board of trustees to prudently and reasonably supervise the investment committee members in

this regard, is that they totally failed in the duty to supervise with respect to the quantitative limits," Brown said in her long-awaited 124-page ruling.

The Financial Services Commission of Ontario charged the trustees in 2006 with 15 act violations including "failing to exercise the care, diligence and skill," in running the plan that prudent people would expect in handling another person's money.

But Brown dismissed most of the other charges against the trustees relating to the handling and propriety of the investments after the Crown did not introduce any expert testimony at the trial.

TORSTAR NEWS SERVICE

### Court **eBay vs. Craigslist**



California gubernatorial candidate and former eBay CEO Meg Whitman arrives at court to testify in the civil trial between eBay and Craigslist, yesterday in Georgetown, Del. The trial may be the first of a two-part, cross-country courtroom brawl between the online giants over their competing classified advertising businesses. Whitman allegedly oversaw eBay's aggressive 2004 purchase of a minority 28 per cent stake in Craigslist. She also still owns millions of dollars worth of stock in San Jose-based eBay.

### Building permits rose to \$6.1B in October

**GAINS** The value of building permits in Canada rose 18 per cent in October to \$6.1 billion, led by gains in the value of non-residential permits and in construction intentions for single-family dwellings.

The total value of building permits increased in six provinces, led by Alberta and Ontario.

Statistics Canada said the value of residential permits climbed 3.8 per cent to \$3.4 billion, the third consecutive monthly increase.

Most of this growth came in Ontario and Quebec.

In the non-residential sector, municipalities issued permits worth \$2.7 billion, a 42.4 per cent jump after a 9.2 per cent decline in September.

All three components of non-residential construction permits increased in October.

Intentions increased in every component of the non-residential sector in October.

### Business in brief

**SMARTPHONES** Shares of BlackBerry-maker Research In Motion have taken a three per cent jump after the smartphone maker announced plans to increase its business in China. RIM's stock was up

\$2.13 to \$64.19 in morning trading on the Toronto Stock Exchange. The company says it has a deal with Hong Kong-listed Digital China to distribute smartphones in mainland China. **THE CANADIAN PRESS**

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## Gold could lose its shine if U.S. dollar strengthens

### Investing

Allan Small

[metronews.ca/investing](http://metronews.ca/investing)

The U.S. unemployment rate ticked down for the first time in many months — 11,000 jobs were lost, the best reading since December 2007. This caught many by surprise causing a spike in the U.S. dollar and a quick selloff of gold.

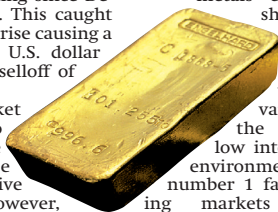
The market continues to rise on the back of these more positive numbers. However, perhaps some of the more "crowded trades" of this past year such as the shorting of the U.S. dollar and the buying of gold may be slowing down.

Precious metals and in

particular gold has been a great asset class to be invested in over the last few years. My main message is to be careful. If the U.S. dollar begins to strengthen there could be a mass exodus from the yellow metal. Just as investors have been buying gold quite rapidly over the last year, many could begin to sell just as quickly and the price for gold and other precious metals could fall sharply.

We still need to try to take advantage of the current low interest rate environment, the number 1 factor driving markets higher. Things will be different when rates begin to rise at some point next year.

Allan Small can be reached at [asmall@dun-deesecurities.com](mailto:asmall@dun-deesecurities.com). The views expressed are not necessarily those of Dundee Securities.



## Enjoy holidays on tight budget

### MoneyMatters

Henry Choo Chong

[metronews.ca/moneymatters](http://metronews.ca/moneymatters)

**Q** Finances have been difficult this year, and going into the holiday season does not bring me a lot of joy. Can you offer some financial advice?

— Maurice

**A** Here are a few tips to reduce stress and enjoy the season:

- Give a thoughtful, creative but inexpensive gift.
- Create a holiday budget and stick to it.
- Pay cash for all gifts — no credit cards please.
- Eat out less.
- Comparison shop.
- Buy gifts for kids only.
- Shop early. Last-minute shoppers tend to spend more.

Henry Choo Chong, CGA, can be reached at [choochonghcg@yahoo.ca](mailto:choochonghcg@yahoo.ca)

# 6 steps to help you cope with pink slips

### Alison On Money

Alison Griffiths

[metronews.ca/alisononmoney](http://metronews.ca/alisononmoney)

**T**he experts' proclamations about the end of the recession doesn't ease the pain of job loss, especially at this time of year. Here are six steps to help you through it.

**1** Face up to the facts. The very worst thing you can do is retreat into a

shell of denial. Some people even go to the extent of pretending they haven't lost their jobs. There's no shame in it, so spend your emotional energy on finding another one.

**2** Keep to a routine. Jobs provide structure. Without it days become aimless and despondency can set in. Get up at your normal time and devote as much time looking for a new job as you would working.

**3** Do a financial audit. When you or your

spouse is out of work immediately inventory your debts and assets, income and expenditures to determine how much shortfall you might face. Then be pro-active and adjust your spending accordingly.

**4** Go for quick cash. If you are eligible for employment insurance apply for it immediately — you'd be surprised how many people delay because of embarrassment. If you're not eligible, look for any kind of work

### Alison's Money Rule:

• Losing a job is akin to dying though not nearly so final. There's no real way to prepare for the pink slip but there are a few rules about what to do afterwards.

ready purchased gifts for other adults, return them and focus on your children if you have any. Kids get stressed when parents lose jobs so try to keep things normal. But be upfront with them to keep their expectations in check.

**6** Ask for help. If you are the holiday dinner host or like to entertain, tell your friends and family about your situation. Trust them to pitch in. This is the season of giving, after all.

Alison Griffiths is a financial journalist, author and host of Moxed Out on the W Network. Write to her at [alison@alisongriffiths.ca](mailto:alison@alisongriffiths.ca)



and any hours in order to maintain cash flow. Working will keep you energized and help you feel good about yourself.

**5** Re-adjust your holiday plans. If you have al-

## Year-end tax strategy a holiday gift

'Tis the year-end tax season, and though it may be merrier to focus on tree-trimming, financial experts say planning ahead is one of the best gifts you can give to yourself.

The holiday season might revolve around spending on friends and family, but when they do, consumers can also take

advantage of year-end tax deductions by splurging on last-minute home renovations or paying for a new TV from a tax-free savings account.

"It's time to look at the final tax strategies that can help you keep more tax dollars," said Carol Bezaire, vice-president tax and estate planning at Mackenzie Financial. "You can only help yourself with some of the deductions if you have them in place by Dec. 31." Aurele Courcelles, director of tax and estate planning at Investors Group, said a number of items require action before year end in order to be claimed on a 2009 tax return, otherwise filers will have to wait 12 to 14 months to see those benefits.

The time frame in which to use the temporary home renovation tax credit, introduced as part of Ottawa's January stimulus budget, is coming to an end Feb. 1. The popular tax

credit, worth up to \$1,350, allows a 15 per cent refund for homeowners' renovation expenses.

"Planning for the end of '09 is necessary to



**Justify a pricey holiday purchase by paying for it from a tax-free savings account.**

Carol Bezaire, tax and estate planner, on final tax strategies

ensure either the goods are acquired or the services are performed by the end of January," Courcelles said.

Bezaire offered another way to justify a pricey holiday purchase; by paying for it from a tax-free sav-

ings account, which allows tax-free withdrawals at any time, for any purpose.

The accounts allow Canadians to contribute up to \$5,000 a year, and any amount withdrawn by the end of December will be added to the contribution room for next year. A withdrawal of \$2,000 for a new flat screen TV would allow savers to add \$7,000 to the account next year.

Courcelles said another good general strategy to see returns as quickly as possible is to ensure year-end payments on expenses with tax benefits attached, including child care, investment loans, alimony payments and deductible moving expenses.

Savvy tax planners who act on some of these holiday tax-saving measures now increase their odds they'll see a second season of giving come tax time in April.

THE CANADIAN PRESS

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# Heisman finalists named

Tim Tebow and Colt McCoy are headed back to the Heisman Trophy presentation as finalists, along with running backs Mark Ingram and Toby Gerhart and defensive tackle Ndamukong Suh. The five finalists were announced yesterday. The Heisman Trophy will be awarded Saturday in Manhattan. **THE ASSOCIATED PRESS**

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## Sports

### Herzog headed to Hall

Manager Whitey Herzog, left, and umpire Doug Harvey are the newest members of baseball's Hall of Fame. The Veterans Committee announced the voting results yesterday. Herzog managed in the majors from 1973-90, and won the 1982 World Series and three NL pennants with the St. Louis Cardinals. **THE ASSOCIATED PRESS**

EDITOR: DON.MCHOULL@METRONEWS.CA

# Rainmen add some height

Team signs six-foot-11 centre who played NCAA Division I basketball

**PHILIP CROUCHER**  
philip.croucher@metronews.ca

## The Halifax Rainmen have their big man.

In need of more size underneath the basket, team owner Andre Levingston helped fill that void yesterday by signing six-foot-11 centre Mark McCarroll, who played NCAA Division I basketball with the University of Pittsburgh.

McCarroll, 29, brings plenty of professional hoops experience to Halifax, including playing for Porvoo Tarmo in Finland, where during the 2007-08 campaign he averaged 18 points and 12 rebounds per game.

## Who's in, who's out

- PLAYERS SIGNED: Devon Norris, Garry Gallimore, Jevohn Sheppard, Mark McCarroll.
- PLAYERS RELEASED: Jason McLeish (point guard); Mark Ross (point guard); Demetrius

Howard (small forward); Jason Henry (small forward); Achuil Lual (centre).

### UPDATED ROSTER

- GUARDS: Tony Bennett; Lonnell Shuler Jones; Devon Norris; Garry Gallimore; Adris

"He is a player ... just very talented," said Levingston, adding the Rainmen are still looking to bring in "another wide body" before the start of the season. "He's a proven veteran overseas."

But as one marquee player comes in, another goes out. The Rainmen also announced yesterday five players have been re-

leased, including point guard Jason McLeish, who was pegged to be the team's starting point guard for the start of the regular season next month.

McLeish is a former NCAA Division I standout with the Eastern Kentucky Colonels and most recently played in the now-defunct Continental Basket-

- DELEON.
- FORWARDS: Eric Crookshank; Desmond Ferguson; John Strickland; Jevohn Sheppard.
- CENTRES: Gordon Malone; Mark McCarroll.

ball Association with the East Kentucky Miners, averaging 18.6 points and 3.8 assists last season.

"It was nothing off the court, it was just a mixture of him getting sick ... he was extremely sick ... and then he just came back and had no energy," Levingston said, adding the team will now be out to find a replacement for

him. "He just didn't look like he was ready to play basketball. I know that may not be a fair assessment, but he just didn't have a good camp. He wasn't the same kid we saw in the summer."

The Rainmen also announced three more signings — including two with local connections. On board are former Atlantic University Sport guards — Devon Norris of the Dalhousie Tigers and Garry Gallimore of the St. Francis Xavier X-Men.

"Garry probably had the best camp out of all our players," Levingston proclaimed.

"He really impressed us."

## Jays GM lays groundwork for trades

**BASEBALL** On the first day of his first winter meetings as the man in charge, Blue Jays general manager Alex Anthopoulos is playing his cards close to the vest as he casts his wide net into the trade waters.

As of mid-afternoon yesterday, the 32-year-old had spoken with four other teams and had meetings scheduled with three more. By the end of the week, he expects to have spoken with all 29 opposing GMs regarding trades and will likely have mentioned all of his players.

"To me it's just continuing the process that we have in place trying to improve the club," Anthopoulos said. "The primary goal here is trying to get some things done on the trade front. I expect to talk to some (player) agents as well, but more so trades. It's pretty much what I expected. There's a lot of work to be done. I'll continue to line up and meet with teams."

His strategy since he emerged from his office with a game plan at the end of the World Series has been to announce to other teams that every player on his roster is available in a trade.

"There's a lot of different alternatives and routes," the Montreal native said.

"We've pretty much made every player available if it's in the right deal for us. I wanted now to narrow the scope a little bit. It was important for me to sort of canvas all the GMs of the teams and by making everybody available to get a good sense of who was available on the opposing team."

**TORSTAR NEWS SERVICE**

# Cole Harbour's Grant looking towards next chapter

**UFC** UFC 100 may have been a landmark in the mixed martial arts organization's history but Cole Harbour welterweight T.J. Grant is doing his best to forget it.

Grant, a late addition to the July 11 card in Las Vegas, suffered his first loss in the UFC by dropping a decision to unbeaten South Korean Dong Hyun Kim. It was a bad night all around.

"That fight was kind of like a bad dream," Grant said. "I didn't feel good the whole fight. I guess he took me out of the fight the whole time. He was good. I've got to maybe take more chances, be a little bit more aggressive in situations like that where I'm losing a decision."

"But hindsight's 20-20. I've got to move on."

Grant (14-3) gets to add a new chapter to his fighting career Saturday when he takes on Kevin Burns at UFC 107 in Memphis.

The main event sees B.J. Penn defend his lightweight title against Diego Sanchez.

Grant and Burns kick off the undercard at the FedExForum.



Canadian welterweight T.J. Grant, right, throws a punch at South Korean Dong Hyun (Stun Gun) Kim at UFC 100 this past July. Grant dropped that decision — marking his first loss in the UFC. He will now take on Kevin Burns in Saturday's UFC 107.

The 29-year-old Burns is a former Wells Fargo bank employee who made the most of an appearance as a late injury replacement at UFC 85. Out of nowhere, he submitted Roan Carneiro and went on to split a pair of fights with Anthony Johnson.

"I look at him a lot like myself," said the 25-year-old Grant.

"He's tough, he's well-rounded and he brings the fight. It should be good."

Grant, who won his UFC debut in April at UFC 97 with a split decision over veteran Ryo Chonan, had been slated to fight June 20 in Las Vegas only to see opponent Rory Markham withdraw through injury.

Grant then stepped in

against Kim in place of Montreal's Jonathan Goulet, who dislocated his shoulder in training.

Kim, a fourth-degree black belt in judo, blunted pretty much of Grant's game. Grant said, for the first time in his career, he never found his rhythm.

"I think I could have done better," he said. "Next time I don't want to

make that mistake."

**THE CANADIAN PRESS**

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## SCOREBOARD

### NHL YESTERDAY'S RESULTS

Toronto 5 Atlanta 2  
New Jersey 3 Buffalo 0  
Philadelphia at Montreal  
Carolina at Pittsburgh  
Washington at Tampa Bay  
Edmonton at Florida  
Colorado at St. Louis  
Minnesota at Phoenix  
Calgary at Los Angeles

### NBA YESTERDAY'S RESULTS

Denver 93 Philadelphia 83  
Portland at New York  
Golden State at Oklahoma City  
San Antonio at Utah

### NFL YESTERDAY'S RESULTS

Baltimore at Green Bay



Darren McCartney, a veteran of 15 NHL seasons who won four Stanley Cups with the Detroit Red Wings, officially announced his retirement yesterday. The 37-year-old McCartney spent 13 seasons with the Red Wings. **THE ASSOCIATED PRESS**

# Hart sets high bar for national team

With interim tag removed, head coach seeks to build more competitive soccer program

**Men's national soccer coach Stephen Hart made it clear yesterday that his goal is to get Canada back in the World Cup mix.**

"I'm only looking forward," Hart said at a news conference. "I'm not worried about what happened before. I'm planning to get on with business."

Hart has served as interim head coach since Dale Mitchell was let go last spring, a few months after Canada posted a weak 0-4-2 record in qualifying for the 2010 World Cup.

The Canadian Soccer Association removed the interim tag from his title yesterday and announced a search will begin early next year for Hart's re-

placement as technical director.

Hart, who will hold both titles for now, said there could be changes to the roster. He said he's prepared to field the best possible team — regardless of age — and that above all else he's looking for commitment.

"You know what, I want players that want to play for Canada," Hart said. "That's the first priority — do you want to play for Canada? Once you have made that decision, then we can move ahead."

"My objective — offer you the opportunity, extend my hand and if you want it, commit to Canada and come on board."

Hart owns a 9-7-2 record



**"I want players who want to play for Canada. That's the first priority — do you want to play for Canada?"**

Stephen Hart

as head coach and led Canada to the semifinals at the 2007 Gold Cup tournament and the quarter-finals of the 2009 event. He is also well-respected by the players, something that could help beef up the pool of prospective talent. "It's no secret that we lack depth in many positions," Hart said. "The objective will be to try and find those players, give them the opportunity to prove to me that they should be selected." Hart, 49, played

professionally in his native Trinidad and Tobago, and was selected to Trinidad's national team in 1980. He moved to Canada later that year to attend Saint Mary's University.

Hart, who has held several positions with the CSA, said he wants to build the foundation ahead of the start of the qualification process for the 2014 World Cup in Brazil.

"I want to make it clear that it will be our objective to focus on the CONCACAF

qualifications in 2012," Hart said. I have no qualms about experimenting, about using the CONCACAF Gold Cup competition (in 2011) to prepare towards this. This for me will be my goal."

Those thoughts were echoed by CSA general secretary Peter Montopoli.

"The objective is that we've put this in Stephen's hands and it's qualification for the FIFA men's World Cup," Montopoli said. "There's no doubt about that."

"I think we have a great chance with Stephen leading it through the CONCACAF process. I think he's exhibited that in leadership through the CONCACAF Gold Cup and there's

no reason why he can't continue that through the qualification in 2012 and through to the next round in 2013."

Canada last qualified for the World Cup in 1986.

Hart was also a candidate for the job when Mitchell got it in 2007. He said he feels the timing is right now that he has a few more years under his belt.

"I thought it would be a great challenge to put a new team together and try and qualify," Hart said.

"I felt that if I didn't jump at it now ... I don't think I would have done it later on. So I accepted the challenge and look forward to it."

**THE CANADIAN PRESS**

## Cammalleri nets winners against Flyers



Andrei Kostitsyn and Mike Cammalleri scored the tying and go-ahead goals in the second period to propel the Montreal Canadiens to a 3-1 win last night over the free-falling Philadelphia Flyers.

Marc-Andre Bergeron scored the insurance goal and Tomas Plekanec had two assists for the Canadiens (14-14-2), who won their second straight to pull even with the Tampa Bay Lightning for eighth place in the Eastern Conference with 30 points.

Danny Briere got the lone goal for the Flyers (13-13-1), who lost their fifth straight and eighth of nine in their second game under new head coach Peter Laviolette.

Neither team showed much offensive firepower as they combined to register 28 shots on goal, including just five in the first period.

Carey Price made 14 saves in the Canadiens



Montreal Canadien Mike Cammalleri celebrates his game-winning goal as he skates by Philadelphia Flyers Jon Kalinski and Kimmo Timonen. The Canadiens won 3-1.

net to improve his record to 9-10-2. Over his last 13 starts, Price has a 7-4-2 record with a .932 save percentage and 1.96 goals against average.

Brian Boucher had 10

saves for the Flyers to lose his third straight start.

Over their current five-game skid, the Flyers have scored only five goals and allowed 19 while their power play is 0-for-19.

The Canadiens penalty kill had another perfect performance on four opportunities, and has now killed off 15 straight power plays over the last four games. **THE CANADIAN PRESS**

## Nuggets spoil Iverson's Philadelphia homecoming

Chauncey Billups and Denver ruined Allen Iverson's homecoming.

Billups scored 31 points and Carmelo Anthony had 14 to help the Nuggets spoil Iverson's return to Philadelphia with a 93-83 win over the 76ers last night.

The Nuggets went on a

22-3 run over the third and fourth quarters to rally for their fourth straight win.

Iverson's rousing return did little to mask the fact that the Sixers are a lousy team. They've lost 10 straight, and only one-win New Jersey has a worse record in the Eastern Conference.

Iverson received a standing ovation when he left in the fourth quarter. He scored 11 points on 4-for-11 shooting and had six assists.

Iverson bowed and kissed the logo at midcourt when he was introduced as the sellout crowd of 20,664 roared.

Andre Iguodala led the Sixers with 31 points, Thaddeus Young had 21 and Samuel Dalembert grabbed 15 rebounds.

But this night for the Sixers was all about Iverson in his first game with the team since he was traded in 2006.

**THE ASSOCIATED PRESS**

## Young skip a fan favourite

Move over Kevin Martin and Randy Ferbey. There's a new fan favourite emerging at the Canadian Olympic curling trials.

Jason Gunnlaugson is a 25-year-old, baby-faced skip with long shaggy hair who lists his occupation as an online poker player. And while he's considered an underdog to win a berth in the Vancouver Olympics, he is generating the most buzz this week in Edmonton.

Gunnlaugson, who lives in Winnipeg but curls out of the Beausejour Curling Club, snagged a spot in the trials at the pre-trials tournament in Prince George, B.C., last month.

He's only been skipping for a year but his boyish looks and confident swagger have made him a favourite

with the fans at Rexall Place.

"As a huge curling fan myself I'm just so happy I get to watch and the front row seats are going to be amazing," he said yesterday.

"It will be easy to keep focused on the game but in between ends you're going to be looking over and saying holy crap these guys are good."

Gunnlaugson says he has been learning from the veteran Canadian skips for years.

"Being the curling nerd I am we've been picking the brains of these guys for years and they probably thought, 'Oh, just some kids and now they're going to have to play us,'" he added. "We're just some kids expected by some to go 0-7 or 1-6. We just get to go surprise somebody."

**THE CANADIAN PRESS**

## Sports in brief

**CURLING** Defending Canadian women's champion Jennifer Jones is on the brink after losing her second consecutive game at the Canadian Olympic curling trials in Edmonton. Jones gave up four points in the fifth end yesterday morning and was dumped 9-3 by Krista McCarville.

**CURLING** Glenn Howard and Kevin Koe remained undefeated at the Canadian Olympic curling trials yesterday while Kevin Martin and Randy Ferbey stumbled, but the real battle appears to be the ice itself.

Throughout the first two draws, Canada's top curlers have been surprisingly sloppy. Light on draws, heavy on draws, a lack of curl — the result has been plenty of steals.

**BASEBALL** Brian Bruney was dealt yesterday to the Washington Nationals from the New York Yankees for a player to be named in the first trade of the winter meetings. The 27-year-old right-hander was 5-0 with a 3.92 ERA in 44 regular-season appearances but pitched just once for the Yankees from mid-April until mid-June because of a strained right elbow.

**FOOTBALL** Quarterback Jimmy Clausen and his favourite receiver, Golden Tate, will bypass their senior seasons at Notre Dame and enter the NFL draft. The school announced the players' decisions yesterday before a news conference was held on campus.

**METRO NEWS SERVICES**

# Health & Beauty

EDITOR: JENNIFER.PRITTE@METRONEWS.CA

## Fitness trends coming in 2010

What's In and What's Out for those who are looking to stay in shape next year

**CELIA MILNE**  
for Metro Canada

**In a world where nothing stands still, fitness is no exception. Things are moving fast, and workouts, to stay relevant, have to be quick, efficient and lively.**

Metro asked Geoff Bagshaw, group exercise director of Denman Fitness in Vancouver, to shine a light on the trends. When it comes to exercise in 2010, here's a look at what's IN and what's OUT.

### What's IN

"Strength Training is probably the biggest trend for 2010," says Bagshaw. "The public is much more educated about the benefits of strength training; they realize the importance of including this in their workouts. Especially with the aging population, the emphasis on resistance training will be even greater."

Kettlebell Training will also be "in." For the uninitiated, a kettlebell looks like a large, black bowling ball, with a suitcase handle on it. It comes in different weights and people like seven-time Tour de France winner Lance Armstrong like to hoist a few.

Cross-Fit programs use movements based on gymnastics, weight-lifting, Kettlebell training and calisthenics.

"The workouts use whole body exercises rather than isolated movements to better mimic ac-



Kettlebell training is one of the What's In fitness training methods for 2010.

**"The workouts use whole body exercises rather than isolated movements to better mimic actions that are performed in everyday life."** Geoff Bagshaw

tions that are performed in everyday life," says Bagshaw.

Zumba and dance-based classes are on the rise thanks to shows like So You Think You Can Dance and Dancing with the Stars, the popularity of dance-based group exercise classes has taken off.

"Zumba, in particular,

with its Latin dance moves and rhythms, has almost developed a cult-like following around the world," says Bagshaw.

Fusion workouts are hot, hot, hot. These are workouts that combine two or more disciplines into one program.

"We often see names like Koga (Kickboxing and Yo-

ga), Yogilates (Yoga and Pilates), Iron Yoga (Yoga using handweights), and Yoga Booty Ballet (Hip Hop, Yoga and Ballet combined)," says Bagshaw.

Express workouts: These are often just 30 minutes in length, so people can get in and out of the gym quickly. Including a shower, you can be back at work in 45 minutes.

### What's OUT

Jumping on a cardio machine such as a rower, stationary bike or treadmill and then calling it a day is

very out.

Singular workouts, such as running or walking are out.

Always add some stretching, weight-lifting and balance exercises to heighten the fitness experience.

Traditional aerobic and step-based group fitness classes are on the decline, says Bagshaw.

**You can't jog off a night of drinking**

**CELIA MILNE**  
for Metro Canada

**FITNESS** Jogging off your hangover?

Drank too much at a Christmas party last night?

A British government survey recently found that almost one in five people admitted to exercising as a way of "making up for" a bout of heavy drinking.

But exercising does not undo the damage caused by over-indulging.

It may help you feel better in the short term, and certainly regular exercise is good for you, but working out doesn't negate the effects that a binge has on your liver.

Cirrhosis of the liver is a silent disease that develops over time from excess alcohol consumption.

Canadian guidelines suggest women consume no more than nine drinks a week and men 14.

And no, it's not advised to drink them all at once on Friday night.

### Health in brief

**GARLIC** When crushed or sliced, fresh garlic releases a substance called allicin, which is thought to have both antiviral and antibacterial properties.

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# Cheating athletes nothing new: Vogels

Tiger Wood's alleged multiple affairs just the tip of the iceberg for 'culture of adultery'

## The J Spot

### Josey Vogels

metronews.ca/thejspot

Tiger Woods' bizarre Nov. 27 car accident has brought his troubled marriage and seemingly multiple affairs to light. The fact that the world's greatest golf player—an international sports hero and

a family man with a squeaky clean image—also cheated on his wife has come as a shock to a lot of people.

But, as it turns out, seems Tiger's just like most of the rest of them.

According to a CNN report earlier this year—when former NFL star Steve McNair was shot to death by his 20-year-old mistress—80 to 90 per cent of pro athletes cheat on their wives. And, after interviewing 47 wives of professional athletes, Steven M. Ortiz, an assistant professor of sociology at Oregon State University concluded that a "culture of adultery" permeates professional sports today and that there is "a fast-

food-sex mentality among professional athletes."

As with rock stars and politicians, the money, power and fame combined with

the fact that you're constantly on the road without your wife and surrounded by admirers is a strong aphrodisiac that can make "because you can" a good enough reason to

cheat.

"There is certainly a different code for athletes than there is for the average guy," says Montreal sportscaster Mitch Melnick. "It's not necessarily that athlete's are hornier, they just have more opportunity and access to sex."

Michael Landsberg, host of TSN's Off the Record once told me that "professional athletes don't even have to try, they can be devoid of any charisma, they can look

bad, even smell bad and there will be women who will leave with them."

But, as far as I'm concerned, the athletes aren't the only part of the "culture of adultery" that stinks.

In a feature for GQ magazine in 2006, Lisa De-

Paulo hung out with sports groupies and discovered that, "Gutter Groupies wait in parking lots after games and are happy just to give oral sex to an athlete (heck, even a bodyguard will do) while Fly Girls have something more going on."

They are just classy enough to often merit oral sex a second time. Sometimes there is jewelry involved."

And what of the wives? I'm sure—for some of the very reasons above—that being married to a pro-athlete is no picnic. But are they merely innocent bystanders? It's been reported that Tiger's wife is being offered a big chunk of change to stick with him in order to maintain his good-guy public image.

I can only imagine what that must feel like. Um, I'd like you meet my damage control, I mean my wife.

Frankly, it all smells pretty rotten to me.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit [joseyvogels.com](http://joseyvogels.com).



Tiger Woods and his wife Elin are the latest sports couple to have their dirty laundry aired.



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## Staying fit through holiday season

CELIA MILNE  
for Metro Canada



"These can lead to great results when the holidays are a drag on the amount of time you have available."

He has developed for Metro a quick workout you can do if you set aside either 10, 20 or 30 minutes.

### PLIÉ LUNGES

- Stand with your feet shoulder-width apart, hands on your hips.
- With one leg, step in and behind you (see photo), bringing your knee toward the ground (don't let them touch the ground).
- Use your legs to push

yourself back up to the starting position; repeat using the opposite leg.

- Keep your back straight throughout the exercise.

### T-PUSH UPS

- Get into a push-up position with the balls of your feet on the floor and your hands directly under your shoulders.
- Do a push-up as you would normally by bending your elbows and bringing your chest toward the ground. When you come back up to the starting position, rotate your body,

lifting your arm out to the side to make a "T" with your body.

- As you push yourself upward, breathe out through your mouth.

### SQUAT PULSES

- Stand with your feet shoulder-width apart with your back straight and head looking forward.
- Squat down so your knees are bent and your butt sticks out to the back.
- You can reach your hands in front of you for counter balance so you don't fall backward.
- Once you're in the



Lunges are a quick way to keep your legs toned.

down position, slowly pulse up and down to give your thighs a nice burn.



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**The taco gets a makeover**

This month Taco Bell goes back to the basics with its new jet black corn taco shell. Along with the shell makeover, this new treat includes a special zesty pepper jack sauce. The tacos cost \$1.30 each and are available until Jan. 10, 2010. **METRO NEWS SERVICES**

# Food

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

## Party appetizers

Tips on planning appetizers for a holiday cocktail party: As guests arrive, welcome them with spreads, dips and crudites, seasoned nuts and appetizers that you can arrange hours ahead and that won't go soggy in the fridge. As the party gets underway, serve appetizers that require last-minute arranging. Surround pates or terrines with crackers and breads, then garnish. Source: *The Complete Christmas Book* by The Editors of Canadian Living Magazine.

THE CANADIAN PRESS

### Canadian Living recipe of the month

# Delicious comfort dishes

## There's a love affair between Canadians and their slow cookers.

I've heard them called everything from a "life-saver" to a "marriage saver." While I'm not sure I'd go quite that far, the slow cooker certainly has earned a spot in a growing number of kitchens. Bubbling away on the counter, it delivers reliably delicious braised and pot roasted dishes, sustaining soups, chilis, curries and pasta sauces, vegetables and much more. It even makes drinks, comfy desserts, dips and spreads.

The key is finding a really good cookbook to make your slow cooker work even harder. Look no further: The Slow Cooker Collection, our newest book, has arrived. It's well stocked with family-pleasing everyday favourites and dishes that take the fuss out of entertaining. Here's a small sampling to tease your taste buds.

### Sun-Dried Tomato and Artichoke Dip

MAKES 3 CUPS

This is a perennial party pleaser, one that's easy to make with pantry staples. Serve with a variety of crackers, pita chips and vegetables.

### INGREDIENTS:

- 1 can (14 oz/398 mL) artichoke hearts



**It's slow cooker season!**

Chicken Squash Curry from Canadian Living's newest book, *The Slow Cooker Collection*.

- 1 pkg (8 oz/250 g) cream cheese, cubed and softened
- 1/2 cup each sour cream and mayonnaise
- 1/4 cup grated Parmesan cheese
- 1/4 cup chopped drained oil-packed sun-dried tomatoes
- 1 clove garlic, minced
- 1/4 tsp pepper
- 1/2 tsp chopped green onion

### METHOD:

1. Drain artichoke hearts; pat dry and chop. Add to 1 1/2-quart (1.5 L) slow cooker along with cream cheese, sour cream, mayonnaise,

Parmesan, sun-dried tomatoes, garlic and pepper; stir to combine.

2. Cover and cook on low, stirring twice, until blended and hot, about two hours. Sprinkle with green onion.

### Chicken Squash Curry

PREP TIME: 8 MINUTES / COOK TIME: MAKES 4 SERVINGS/26 MINUTES

### INGREDIENTS:

- 2 Tbsp vegetable oil
- 1 lb boneless skinless chicken thighs, cubed
- 1 onion, chopped
- 2 hot green peppers, seeded and chopped

- 2 cups cubed seeded peeled butternut squash (about 1 lb/500 g)
- 3 Tbsp mild Indian curry paste
- 1 can (28 oz/796 mL) diced tomatoes
- 1/4 cup chopped fresh coriander

### METHOD

1. In Dutch oven, heat half of the oil over medium-high heat; brown chicken. Remove to plate.

2. In same Dutch oven, heat remaining oil over medium heat; cook onion and hot peppers, stirring occasionally, until softened,

about 5 minutes.

3. Add squash and curry paste; cook, stirring, until fragrant, about 1 minute.

4. Add tomatoes and bring to boil, scraping up brown bits. Return chicken and any juices to pan. Reduce heat, cover and simmer until squash is tender, about 20 minutes. Sprinkle with coriander.

### online

For more recipes, visit [canadianliving.com](http://canadianliving.com)



## Liquid Assets

### Peter Rockwell

[metronews.ca/liquidassets](http://metronews.ca/liquidassets)

## Brandy's bad rap

You've got to feel sorry for brandy. Long associated with cigar smoking old men; even getting name dropped in dozens of rap songs hasn't made it any more hip hop to drink.

The price is one problem. A decent brandy will set you back at least \$20 with many — especially a top drawer French Cognac — well over \$50. There's more trouble in the glass. Brandy may be distilled wine but its flavour can come across full-bodied and boozy with what seems like a raw, burnt-like taste. Plus, other than service from a sniffer, what can you do with it?

To bring brandy into the 21st century its makers have reported for kitchen duty: looking for ways to associate their spirit with food and encouraging you to pour their creations ice cold.

I gave it a try by popping a bottle of Rémy Martin's V.S.O.P. Cognac (\$67.49 - \$87.95) into my refrigerator's freezer for a couple of hours and was impressed to find how the chill softened the perception of alcohol and enhanced its creamy butter-scotch flavours; making it a great match with savory foods.



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# Entertainment

EDITOR: DEAN.LISK@METRONEWS.CA



## Adams Family

Amy Adams is pregnant with her first child, according to *People* magazine. Adams and her fiancé, Darren Legallo, were engaged last year. The baby is due early next year. [POPEATER.COM](http://POPEATER.COM)

## The search for balance in life

Chantal Kreviazuk stays connected to her three children while on tour

KUMAR SAHA  
Metro Canada



**For Chantal Kreviazuk, a typical day on her current Canadian tour is a balancing act: Call her three boys in the morning. Get her vocals up to par for the show. Sneak out little moments to iChat with the kids. Sing her heart out on stage. Call the kids again before their bedtime.**

"I'm pretty useless to them in the mothering role day-to-day right now out on the road. I can imagine how people who are away for extended periods from their children can be a little complacent and apathetic about calling, because it can often be more damaging than good sometimes. You can call and they can be frantic about

saying goodbye," says the 35-year-old singer-songwriter.

"You have to get past that and realize that the child still needs to know that you love them and you are thinking about them."

This search for equilibrium between her musical and family roles seeps into Kreviazuk's latest album, *Plain Jane* — a title that might as well be the way the Winnipeg native would like to identify herself these days.

Being plain and ordinary doesn't come easy to someone who has been a staple on Canadian charts since her 1996 debut *Under These Rocks and Stones*. A long-standing marriage to Raine Maida, frontman of Toronto band *Our Lady Peace*, isn't exactly a recipe for anonymity either, nor is

**"We're focused on family ... and our second jobs as songwriters in a totally different market place, different nation."**

Chantal Kreviazuk

a home in the Big Smoke a secluded retreat for a Canuck pop couple. But what allows Kreviazuk to step out of the spotlight is her life in Los Angeles, where she can remain in the background crafting hits for artists such as Kelly Clarkson and Gwen Stefani.

"We're focused on family ... and our second jobs as songwriters in a totally different market place, differ-



*Plain Jane* is the latest album from Canadian singer-songwriter Chantal Kreviazuk.

ent nation. It's been a brilliant thing. I like me way better than I would have if I had been just the girl in Canada with the microscope on myself," she says.

Her self-effacing approach works well when it comes to family. But that doesn't necessarily mean she allows herself to get dwarfed by the million-sell-

ing singers she collaborates with in L.A.

"I realize that they came to me because there was something about me the artist that they wanted. So I should be building that into the songwriting process with them," she says.

And if there's something of her that the self-proclaimed "live performance

junkie" wants to get across in the music is authenticity and humility.

"I feel like being more of an artist that people can relate to. I never wanted to be Beyoncé, I never wanted to be Madonna. I wanted to be a singer-songwriter on a life journey ... I wanted to be relatable on a very realistic level."

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THE TIME  
metro

## Idol stint helped Pigott land gig on Being Erica

**PEOPLE** You could consider it lucky that Sebastian Pigott's biggest acting gig to date also allowed him to show off his musical chops. He certainly does.

"That was the gift of this job, to get to play and write (music) as a part of the show," says the 26-year-old Torontonian, who played rock star-cum-barista Kai on CBC series *Being Erica*. The season finale airs tonight at 9 p.m.

The last time Pigott was on TV in a big way, in the summer of 2008, it was all about the music. He made it to the top eight of Canadian Idol. It turns out that had something to do with him getting the *Erica* job.

"Sebastian's appearance on Canadian Idol was important because we were looking for somebody who was authentically a musician," says series creator Jana Sinyor.



Sebastian Pigott

Playing Kai meant mingling feelings of self-loathing and insecurity, as well as the emotion of his father dying when Pigott was a child. "I feel *Erica* is one of the best shows we've got up here. It's not derivative; it's not trying to be an American show."

TORSTAR NEWS SERVICE



**Pretty in Pink heartthrob takes on Gossip Girl**

Andrew McCarthy, the star of some of the most iconic teen movies of the '80s, is getting back to his roots by taking on the CW's sexy drama, *Gossip Girl*. McCarthy will direct an episode set to air in the spring. **PEOPLE.COM**



**DVD picks**

**Harry Potter and the Half-Blood Prince**

**Director: David Yates**  
**HORMONES RACE**, but the magic mainly idles in this sixth Harry Potter episode, a stage-setting film in which boyish fascinations give way to manly concerns.



The boys and girls have grown into young men and women, leading to serious romantic entanglements and attendant jealousies between them.

There is still magic, but it all has dramatic purpose — and much of it points to the final two films, in which youthful wizard Harry (Daniel Radcliffe) and his nemesis Voldemort will engage in a decisive battle.

Returning director David Yates and screenwriter Steve Kloves have fashioned this as more of a mystery than previous installments.

**Julie & Julia**

**Director: Nora Ephron**  
**NORA EPHRON'S** latest is lighter than most of the French cooking featured in it.

It cross-cuts between the 1950's, watching Meryl Streep play Julia Child discovering her favourite cuisine in France, and more recent times, as Amy Adams plays Julia Powell, a Child wannabe in New York.



It's shaky pasty, held together by Streep's tremendous and entertaining portrayal of Child.

She's got the chef's voice and manners down pat, and even manages to approximate her towering height.

Another Academy Award nomination seems assured for her, and also possibly for Stanley Tucci, who plays her indulgent husband.

Peter Howell/for Metro Canada

# Don't shake Howie's hand

Howie Mandel's autobiography looks at his life with phobias

IAN JOHNSTON  
for Metro Canada



**Comedian and game show host Howie Mandel says the best way to deal with his on-going mental issues has always been a good laugh.**

"In comedy, nobody can hear you scream," says Mandel, who is currently promoting his autobiography *Here's The Deal - Don't Touch Me*, a candid look at his comedy life and his struggle with Obsessive Compulsive Disorder and Attention Deficit Hyperactivity Disorder.

"I'm always dealing with issues — whether it be OCD or ADHD. I'm terrorized constantly by intrusive thoughts, which inform what I do. The way I deal, and have always dealt with, those darkest moments is by being funny."

Mandel, who got his start more than 30 years ago at Toronto's *Yuk Yuks*, says he never set out to be so personal in his book.



Howie Mandel writes about his struggle with OCD and ADHD.

But since his mental issues dominate his life — Mandel is a "germaphobe" who avoids even shaking hands — it was difficult to ignore. Plus — like all his career moves — he agreed to the book without thinking it through.

"I said 'yes' without thinking what the ramifications it would be. It was supposed to be a light and funny autobiography. That was the intent. If I'd thought about how honest I'd have to be, I wouldn't

**Here's The Deal - Don't Touch Me by Howie Mandel is in bookstores now.**

have done it," he says. "But then again, if I would have thought what are the odds of being a successful comedian in LA? I probably wouldn't have done that either."

Still, entertaining thousands at sold-out concerts and hosting *Deal Or No Deal* does seem an odd career choice for a guy who doesn't like to be touched.

"Well, truth is what I'm doing right now - promoting the book, going to book signings or talking to you - that's all more one-on-one than comedy. I do a concert and I really don't make direct contact with anyone unless I want to."

Still, even Mandel hadn't anticipated he'd be on a book tour during the H1N1 flu crisis. But he finds some humour in that irony.

"Who would have guessed I'd be out promoting my book in the midst of this awful pandemic? And here's me out there signing books and meeting all these people. It's crazy."

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12/8/09	31	31	31	ABC News Channel 5	ABC World News	Inside Edition	Chronicle	Charlie Brown	Prep-Landing	Scrubs	Better Off Ted	the forgotten
	7	7	7	ASN The Road to Avonlea	Wheel-Fortune	Jeopardy! (N)	Santa Claus Is Comin' to Town	Being Erica (N) (DVS)	CBC News: The National			
	11	11	11	CBC Pyramid (SC)	Union-force	Virginie (SC)	La Facture	NCIS: Toxic (HDTV)	NCIS: Los Angeles	The Hour		
	2	2	2	CBC-FM WBZ News (N)	Evening News	Wheel-Fortune	Jeopardy! (N)	NCIS: Toxic (HDTV)	A communique	The Good Wife		
	32	32	32	CBS 69.69 CFTM	TVA nouvelles	Le Cercle (SC)	Qui perd gagne (SC)	Destinées	NCIS: Los Angeles	TVA nouvelles		
	6	6	6	CHIF Entertainment	ET Canada	The Good Wife "Home"		NCIS: Toxic (HDTV)	NCIS: Los Angeles	News Final (N)		
	9	9	9	CJCH talk	Hollywood	Law & Order: Special Victims		So You Think You Can Dance (HDTV)		News		
	10	10	10	ELTV (6) EastLink Television				Podium TV		Community Matters		
	36	36	36	FOX Seinfeld	The Simpsons	TwoHalf Men	TwoHalf Men	So You Think You Can Dance (HDTV)				
	12	12	12	NBC News (N)	NBC News	Hollywood	Extra (N)	The Biggest Loser	The "Biggest Loser" is announced.			
prime time	29	29	29	NW (6) Power & Politics		Connect Today's biggest stories. (N)		CBC News: The National				
	4	4	4	PBS-B PBS NewsHour (N)		Greater Boston	Viewers' Favorites	Viewers' Favorites				
	35	35	35	PBS-D PBS NewsHour (N)		Business Rpt.	Worldfocus	Sinatra at Carnegie Hall		Rain 2-Beatles		
	68	68	68	TOS Guerre clans	Pop Corn (N)	Touche pas à mon fils		Dirty Sexy Money		Pratique privée (SC)		
	23	23	23	BNN Business News	Headline	Market Call Tonight		The Close	Market Call	Squeeze Play		
	18	18	18	CHN Situation Room-Wolf Blitzer		CNN Tonight (N)		Campbell Brown (N)		Larry King Live (N)		
	54	54	54	GOLF Golf Central	Top 10 (HDTV)	Big Break Disney Golf (HDTV)		Big Break Disney Golf (HDTV)		Big Break		
	52	52	52	RSE Connected W-Prime Time		World Sport	NHL Hockey Montreal Canadiens at Ottawa Senators.					
	55	55	55	SCOR After Wrestling	Covers Experts	NBA Basketball Minnesota Timberwolves at Toronto Raptors. (Live)						
	45	45	45	SPD Unique Whips		Pass Time	Monster Jam (HDTV)			Super Bikes!	Court Surfing	
news	53	53	53	TSN Off the Record	SportsCentre	That's Hockey!	SportsCentre	Curling 2009 Tim Hortons Roar of the Rings. (HDTV) (Live)			Challenge	Drives
	43	43	43	FAM Wizards-Place		Sonny Chance	Zack & Cody	Overruled!	Han, Montana	Wizards-Place	Latest Buzz	Ned's School
	44	44	44	TOON Jimmy Two	Johnny Test	Scooby-Doo	Total Drama	Total Drama	6TEEN	Futurama	King of the Hill	American Dad
	26	26	26	TREE Rolie Polie Olie	3rd and Bird	Dora's Christmas Carol		Waybuloo	Franklin	Little Bear	Maggie-Beast	Babar
	27	27	27	YTV iCarly	iCarly	The Legend of Frosty the Snowman		Hates Chris	8 Simple Rules	What I Like	Family Biz	
	16	16	16	A&E The First 48		Criminal Minds (HDTV)		Criminal Minds (HDTV)		Paranormal	Paranormal	
	70	70	70	APTN APTN National News (N)		Fish Out	Mixed Blessing	Cashing In	Rabbit Fall	Blackfly	Moose TV	Rez Rides
	50	50	50	BET 106 & Park: BET's Top 10 Live		Higher Learning *** (1995, Drama)	Omar Epps, Kristy Swanson.					
	37	37	37	BRVO Wind at My Back		Constantinople Trio (N)		A Hard Day's Night *** (1964, Musical Comedy)				
	25	25	25	CMIT Star Crossed	Project Mom	Funnest Home Videos		Reba	Reba	According-Jim	Home Improve.	
family	49	49	49	COM Just for Laughs		Far Force	22 Minutes	Comer Gas	Name Is Earl	The Simpsons	South Park	Jeff Dunham
	153	153	153	COURT Killer Next Door		Struggle for Justice		Cops Uncut	Dumb Criminal	Killer Next Door	Justice	
	38	38	38	DISC Destroyed	Destroyed	Daily Planet (N)		How It's Made	How It's Made	Destroyed	Destroyed	Time Warp (N)
	48	48	48	HGTV Extreme Makeover: Home		House Hunters	Property Virgin	HGTV's Top 10	Design Inc.	Pure Design	Genevieve	House Hunters
	46	46	46	HIST Ultimate Engineering		Ancient Discoveries		Cities of the Underworld		Cities of the Underworld	Engineering	
	17	17	17	MM Secret Life of American Teen		Gossip Girl (HDTV) (N)		Love Court	Jonas Brothers	To Be Announced	MuchNews	
	19	19	19	MM mm10top10.ca		The Daily Fix		Ranked!		I Want to Work for Diddy	Entourage	
	201	201	201	M1 (6:25) Night Train		Down to the Dirt (2008, Drama)	Hugh Dillon, Robert Joy.			10,000 B.C. * (2008, Adventure)		
	23	23	23	OLN Mantracker		Ghost Hunters International	Bounty Hunter	Bounty Hunter	House-Payne	House-Payne	The Cosby Show: A Look Back	
	51	51	51	PEACH The Office	Name Is Earl	Family Guy	Family Guy	House-Payne	House-Payne	The Cosby Show: A Look Back		
cable variety	206	206	206	PIX (6:15) Black Pearls *		(7:50) The Claim *** (2000, Drama)	Peter Mulan.			Saving Silverman * (2001, Comedy)		
	67	67	67	RDI RDI monde	RDI économie	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		
	39	39	39	SHOW Trailer Park		The Outer Limits		Voices (2007, Suspense) Amy Ack.				
	40	40	40	SLICE Skin Deep	Skin Deep	Rich Ride, Poor Ride		Wedding SOS	Wedding SOS	Wedding SOS	Wedding SOS	Bulging Brides
	47	47	47	SPACE Stargate SG-1		Stargate Atlantis (DVS)		Star Trek: Voyager		Medium (N)		Fringe
	14	14	14	SPIKE CSI: Crime Scene Investg.		UFC Unleashed		UFC Unleashed		Super Dave	Ultimate Knockouts 2	
	98	98	98	STAR talk		Look-A-Like	TMZ	The Ellen DeGeneres Show (N)		The View (HDTV) (N)		Dr. Oz Show
	21	21	21	TLC Say Yes-Dress	Say Yes-Dress	Invasion of Cmas Lights		Table for 12	Table for 12	18 Kids-Count	18 Kids-Count	Little Couple
	34	34	34	TROP Prod. Parker	Prod. Parker	70s Show	70s Show	The Outer Limits		ET Canada	Switch	Family Guy
	20	20	20	TVS (6:55) Cible		Tout le monde en parle						Soluble
cable variety	28	28	28	V Mysterious Ways		Murder, She Wrote		Hallelujah!	Dinnerladies	The Nativity ** (1978, Drama), John Shea		
	67	67	67	VIVA Da Vinci's Inquest		Cold Case "The House"		Missing (Part 1 of 2)		The Closer "Borderline"		Cold Case
	22	22	22	W House-Sell	Confidential	Friends	Friends	Borrowed Hearts (1997, Drama)	Roma Downey.			Crazy-Chris.
	251	251	251	WGN WGN Evening News		TwoHalf Men	Family Guy	90210 (HDTV) (N)		Melrose Place (N)		WGN News

**critics' corner**

**At the Concert Hall**  
Singer-songwriter Jann Arden takes to the stage in this new episode, performing "Daughter Down," "A Million Miles Away" and other songs from her 10th studio album, "Free." Of course, no Jann Arden concert would be complete without her two biggest hits, "Good Mother" and "Insensitive," and her entertaining anecdotes about her parents. She also shares the inspirations for some of her songs. 11 PM on BRAVO

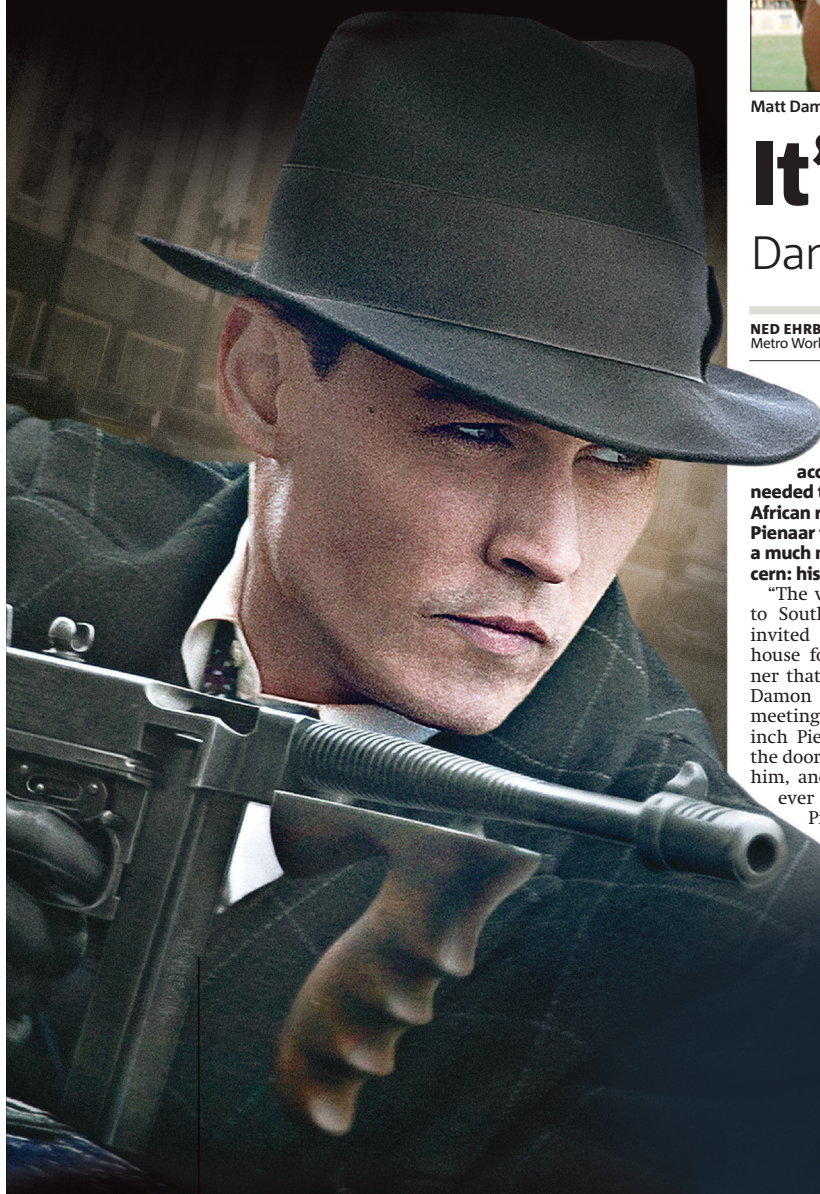


**Being Erica**  
Making bad decisions is how Erica (Erin Karpluk) ended up with her less-than-satisfying life circumstances. So when she comes to a point where some more big decisions have to be made, it's a sign of progress when she realizes she could use some guidance in the new episode "The Importance of Being Erica." 9 PM on CBC

**The Biggest Loser**  
In the season finale, all this edition's contestants return for a final chance to weigh in during this special reunion and show viewers how much they have lost since starting their weight-loss journeys. The third finalist, selected by viewers, is announced, then the eliminated contestants weigh in to vie for the \$100,000 at-home prize. Finally, the winner of the \$250,000 grand prize is announced. 9 PM on NBC



# JOHNNY DEPP PUBLIC ENEMIES



Matt Damon steps into the shoes of South African rugby player Francois Pienaar in *Invictus*.

## It's all in the body

Damon trained hard for *Invictus* role

NED EHRLER  
Metro World News



**Before Matt Damon could even think about working on the accent and muscles needed to portray South African rugby star Francois Pienaar in *Invictus*, he had a much more pressing concern: his height.**

"The very first day I got to South Africa, Francois invited me over to his house for a gourmet dinner that he was cooking," Damon remembers about meeting the six-foot-three-inch Pienaar. "He opened the door and I looked up at him, and the first thing I ever said to Francois Pienaar in my life was, 'I look much bigger on film.'" Though Damon is no stranger to heavy training after his work in the Bourne films, that was

**"This is the fictionalized version of somebody's life. I don't want to let him down."**

Matt Damon

nothing compared to *Invictus*, he says.

"I was in better shape for this movie," Damon insists, owing the extra effort to his budding friendship with Pienaar. "This is his life. I don't want to embarrass him. If Jason Bourne looks a little flabby, that's on me. This is the fictionalization of somebody's actual life. I didn't want to let him down."

As an added challenge, his work on *Invictus* came right after this fall's *The Informant*, in which he packed on a considerable amount of flab. "I had a good time putting the weight on, and then a tough time reshaping the weight," he says.

Though physically daunting, Damon was committed to doing the film because of the story it tells: Nelson Mandela us-

ing the 1995 Rugby World Cup to unite the citizens of South Africa after apartheid.

"As actors, we react to the material that's out there. I probably just react more strongly to things that I feel have some social value," he says.

"I remember (Mandela's) Boston visit. I remember the whole world tour. In my high school, we had the 'Free Nelson Mandela' ribbons. Kids were wearing those before they knew who he was."

Damon credits director Clint Eastwood for an incredibly easy working experience.

"You walk on some movie sets and it's like walking into an emergency room. And that tension bleeds into the performances and the film itself," he says. "But Clint just leads an incredibly tight ship."

Damon was particularly impressed with Eastwood's commitment to keeping things moving.

"After you do a take, he goes, 'Well, let's not f--- this up by thinking about it too much.'"

**Invictus  
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# Fifty years on, 3-D gets respect

Big name directors turn to genre

Since 3-D films were first introduced in the 1950s, they have functioned more as a novelty than a practical storytelling device. However, more than 50 years (and a whole lot of advances in technology) later, a new wave of 3-D is bringing forth a new frontier in filmmaking.

Led by veteran directors such as Robert Zemeckis and James Cameron, the medium is gaining more respect than it ever did in 3-D's second wave in the early '80s, where fuzzy knives and blurry sharks came at the audience like slow, predictable punchlines in Friday the 13th: Part III and Jaws 3-D, respectively.

Gone are the cardboard glasses with one red and one blue lens, but throughout Scrooge's journey in Zemeckis' Disney's A Christmas Carol, the 3-D effects can still be intrusive and they are not at all subtle.

However, most of the 3-



Re-released versions of the Toy Story films, left, and the upcoming Avatar are part of a new wave of 3-D films.



D effects add substantial depth to the beautiful computer-rendered streets of London. Each detail of Ebenezer is lifelike in fusing his emotional plight with the surreal concoc-

tions of animators to engage audiences in a whole new way.

And Avatar, Cameron's epic about humans exploiting foreign resources on another planet has been rumoured to have cost as much as \$500 million to make.

Though Fox Filmed Entertainment chairman Jim Gianopulos recently dismissed that figure as "ridiculous," the film does use unprecedented camera and computer technology that many outlets are promising will change the future of filmmaking. And Gianopulos said he has no doubt the film will turn a profit, which may mean that 3-D could finally prove to be much more than a gimmick.

METRO  
WORLD  
NEWS

## Three ages of 3-D

- **Bwana Devil (1952):** The first feature-length movie in 3-D helped launch the craze in the early '50s. Starring Robert Stack, the drama is about the building of the Uganda Railway.

- **Friday the 13th: Part III (1982), Jaws 3-D (1983) and Freddy's Dead: The Final Nightmare (1991):** The Holy trinity of 3-D cinema, these horror pics represent the apex of 3-D film technology in the '80s. Laden with unapologetic

gimmicks, they attracted audiences with rollercoaster-type thrills.

- **Toy Story and Toy Story 2 (2009):** Launched almost 14 years ago, the recently 3-D'd double feature reminds us that a movie should rely on story not technology in order to please audiences. Still as charming and funny as ever, you almost forget about the 3-D effects as you become emotionally invested in our tiny plastic heroes.

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— PETER TRAVERS, ROLLING STONE

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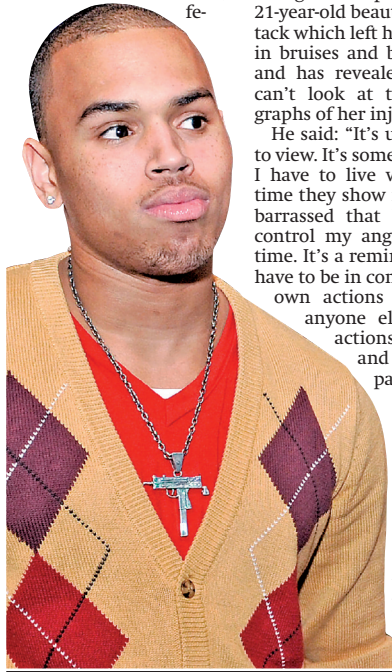


George Michael has admitted to smoking crack cocaine. The former Wham! singer has spoken out about his use of the Class A drug and claims he has smoked it "once or twice," femalefirst.co.uk reports. **METRO NEWS SERVICES**

## Celebrity Buzz

### Brown's assault humiliation

**POOR BABY** Chris Brown is "embarrassed" about his assault on his ex-girlfriend Rihanna, fe-



malefirst.co.uk reports. The singer has spoken out about his humiliation at losing his temper with the 21-year-old beauty in an attack which left her covered in bruises and bite marks and has revealed he still can't look at the photographs of her injuries.

He said: "It's unbearable to view. It's something that I have to live with every time they show it. I'm embarrassed that I couldn't control my anger at that time. It's a reminder that I have to be in control of my own actions and not anyone else's. My actions today and in the past

out at his ex-girlfriend following a pre-Grammy's party. He was found guilty of the assault and ordered to 80 of community labour, 12 months of domestic violence counselling and five years probation.

The singer has vowed to "learn from" his behaviour.

**METRO WORLD NEWS**

### Tattoo honours Miley's pal claimed by terminal illness

**OR SO SHE SAYS...** The world seemed up in arms after photographers snapped Miley Cyrus in a hot pink bikini that prominently displayed her new tattoo that reads "Just Breathe," popeater.com reports. Well, according to Perez Hilton, the 17-year-old's ink actually honours the memory of one of her close friends that passed away due

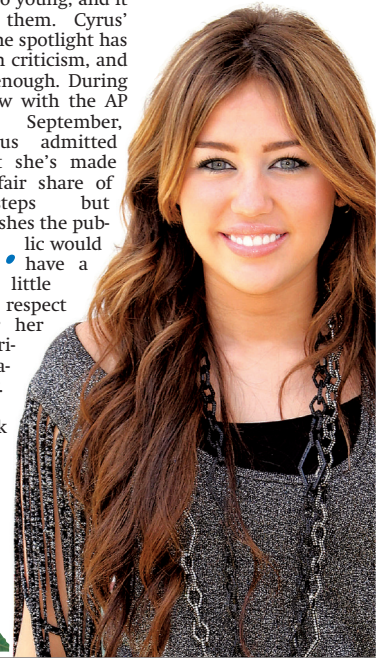
to Cystic Fibrosis over three years ago. Apparently "Just Breathe" is the slogan for the Cystic Fibrosis Foundation.

Last week, popeaters.com asked its readers to vote on whether Cyrus should have a tattoo at 17. More than 56 per cent of 84,700 voters said she was too young, and it bothered them. Cyrus' step into the spotlight has led to much criticism, and she's had enough. During an interview with the AP in September,

Cyrus admitted that she's made her fair share of missteps but wishes the public would have a little more respect for her privacy. "I think every-

thing I do is exaggerated a lot," she said. "I think that no matter what, I think it is all about respect. People forget that when you are in the public eye, people forget you still have to respect people and you still have to (respect) their privacy."

**METRO NEWS SERVICES**



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### Spears family plays down Courtney claims

**BIG CHANGES?** Britney Spears' family is going on the defensive, denying wild claims made by Courtney Love that Britney was molested as a young girl by father Jamie Spears, according to Rush & Molloy. And the family isn't spooked by reports that one of their own is being paid by a British tabloid to dish on the subject. "We're not commenting on Courtney Love, or any aliens who might come to Earth to impregnate people," Spears spokeswoman Louise Taylor says.

Also, femalefirst.co.uk is reporting Britney Spears' conservatorship could end

soon. The 28-year-old singer's father — who was made co-conservator of her personal and professional affairs after her public breakdown in 2008 — has met with lawyers and wants a judge to review the conditions of the agreement now Britney's Circus tour has ended.

**METRO WORLD NEWS**



### Russell Brand: Family man

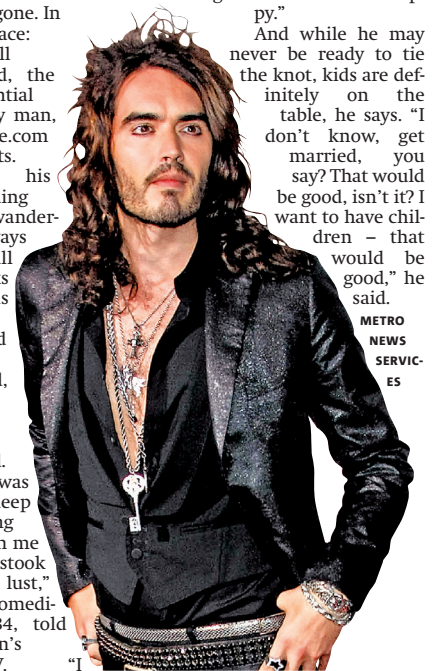
**OR SO HE SAYS...** That cad-about-town Russell Brand is long gone. In his place: Russell Brand, the potential family man, people.com reports. And his shedding his wandering ways is all thanks to his rumored girlfriend, Katy Perry, says Brand.

"It was a deep craving within me — I mistook it for lust," the comedian, 34, told Britain's GMTV. "I

thought I was promiscuous, but it turns out I was just thorough — to get the right one. I'm ever so happy."

And while he may never be ready to tie the knot, kids are definitely on the table, he says. "I don't know, get married, you say? That would be good, isn't it? I want to have children — that would be good," he said.

**METRO NEWS SERVICES**



### Celebrity tweets

Chris Brown gets a kick out of clumsy paparazzi, **Diablo Cody** likes to travel prepared, and **Paris Hilton** uses Twitter for tech support,

• **@MechanicalDummy** in the airport and camera guy asked me stupid questions then ran into a pole.. hella funny  
• **@diablocody** Don't ever try to bring novelty brass knuckles on a plane. Even if they're pink. I speak from experience.

• **@ParisHilton** I was at dinner last night and someone spilled their drink on my blackberry and now it's broken. :( Any suggestions on how to fix it please?

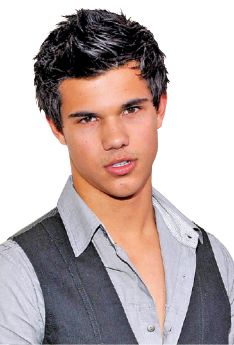
**METRO WORLD NEWS**



### Teen wolf likes to dote

**THAT'S TOO CUTE** Taylor Lautner may not be willing to confirm a relationship with singer Taylor Swift, but he's sure acting like a doting boyfriend. The New Moon star snuck into last weekend's Jingle Ball concert in Los Angeles for her performance, going almost completely unnoticed, according to Hollyscoop. "No one knew Taylor was there," says a source. "It was obvious he didn't want to take away from her special day. He was there to support her."

**METRO WORLD NEWS**

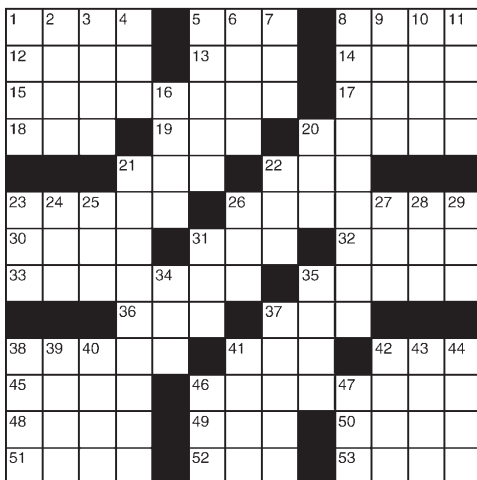






For more delicious Metro recipes, visit: [metronews.ca/food](http://metronews.ca/food)

## Take Five



### ACROSS

1 Complain  
5 Fido's reply  
8 Cupola  
12 Sandwich cookie  
13 Spelling contest  
14 Concept  
15 Show to be false  
17 Drunkards  
18 Perched  
19 Type measures  
20 Aerosol output  
21 Newcomer to society  
22 By way of  
23 August forecast word  
26 Soldier  
30 Eye part  
31 Former Saturn model  
32 Race place  
33 Soda purchase  
35 Cruising  
36 Whopper

37 Pigpen  
38 Needed liniment  
41 Carnival city  
42 Stitch  
45 Circus performer?  
46 Send  
48 Some deer  
49 Eggs  
50 Give a hoot  
51 Lecherous look  
52 Slithery fish  
53 Verifiable

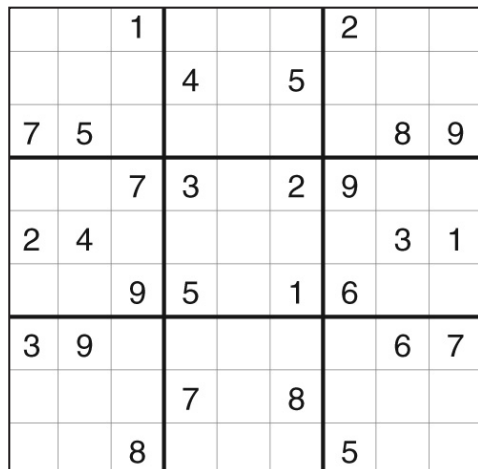
### DOWN

1 Pollacks' kin  
2 Met melody  
3 Take ten  
4 Burst  
5 Mushroom cloudmaker  
6 Guns the engine  
7 Doctor's due  
8 Difference  
9 Stench  
10 Transcending (Prefix)  
11 Simple  
16 Clari-netist's sliver  
20 Madam's mate  
21 Annoy  
22 Forefront  
23 That man's  
24 Swiss canton  
25 Blend  
26 Stir-fry vessel  
27 — and outs  
28 Praise in verse  
29 Scandinavian rug style  
31 Hockey venue  
34 Help  
35 On  
37 Rope fiber  
38 Roundish hairstyle  
39 Block the pipes  
40 Shoe part  
41 Split apart  
42 Celebrity  
43 Beige  
44 Roller coaster shout  
46 Anonymous John  
47 Performance

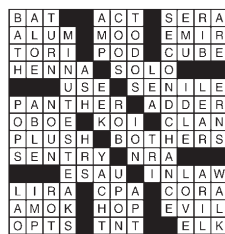
### Sudoku

For more/less challenging Sudoku puzzles, visit [metronews.ca](http://metronews.ca)

**HOW TO PLAY:** Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



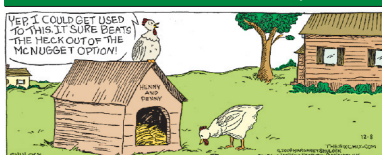
### PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



1	3	6	5	7	8	9	4	2
8	5	2	9	1	4	3	6	7
7	9	4	6	2	3	8	5	1
4	8	5	7	3	1	6	2	9
3	7	9	2	5	6	4	1	8
2	6	1	8	4	9	7	3	5
9	1	7	4	6	5	2	8	3
5	4	8	3	9	2	1	7	6
6	2	3	1	8	7	5	9	4

### On the web

For more games and 60 additional daily cartoon strips, visit [metronews.ca](http://metronews.ca)



### Metro Recipe of the Day



### Salmon Puffs with Tzatziki

#### INGREDIENTS:

3/4 lb (375 g) pack pre-rolled puff pastry  
5 1/3 oz (160 g) skinless salmon fillet, cut into 1/2-in. (1 cm) squares  
1/4 lb (125 g) frozen fava beans  
1 oz (30 g) fresh dill, chopped  
1 oz (30 g) snipped fresh chives  
1 egg, beaten  
1/2 cup (125 mL) ricotta cheese  
1/2 cucumber  
1 cup (250 mL) plain yogurt

#### METHOD:

1. Remove pastry from fridge. Preheat oven to 460°F (240°C). Put salmon squares in bowl and add frozen fava beans and herbs. Season and mix well.

2. Unroll pastry, then cut into four 7 x 3 1/3-in. (17.5 x 8.5 cm) pieces. Brush egg

lightly all over pastry. Mound salmon mixture in centres of pastry pieces. Place ricotta cheese on each mound of filling. Fold long ends of pastry up to meet over filling and pinch together at top. Press sides together to seal.

3. Transfer pastries to baking sheet and brush with egg. Bake until puffed and golden.

4. Meanwhile, grate cucumber into sieve and press out excess moisture over sink. Mix cucumber into yogurt. Transfer tzatziki to serving bowl and serve with hot salmon puffs.

### rd.ca

For nutritional information on this and other great recipes, go to [rd.ca](http://rd.ca) or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



### Horoscopes by Sally Brompton [sallybrompton.com](http://sallybrompton.com)

For Sally's expanded daily and weekend horoscopes, visit [metronews.ca](http://metronews.ca)

#### ARIES

**MARCH 21-APRIL 20**  
Someone who is jealous of your popularity and success will go out of their way to make life difficult for you today.

#### LIBRA

**SEPT 23-OCT 23**  
Your confidence may have taken a dive of late but the way things pan out today will convince you there was never very much to worry about.

#### TAURUS

**APRIL 21-MAY 21**  
You may want to be honest but the planets warn you will have to bend the truth a little. Most likely you will do so to protect someone's feelings.

#### SCORPIO

**OCT 24-NOV 22**  
Advice will come at you from all directions today, making it difficult to work out who is talking sense and who is talking nonsense.

#### GEMINI

**MAY 22-JUNE 21**  
Avoid get-rich-quick schemes because they will cost you a lot more than they make. Keep them at arm's length.

#### SAGITTARIUS

**NOV 23-DEC 21**  
You are strongly advised to keep your money in your pocket today because once you start to flash the cash there will be no stopping you.

#### CANCER

**JUNE 22-JULY 22**  
It is of the utmost importance today that you control your temper, no matter how much others may try to provoke you.

#### CAPRICORN

**DEC 22-JAN 20**  
Keep a low profile over the next 24 hours and keep looking forward to a time when you can show what you can do.

#### LEO

**JULY 23-AUG 23**  
If you promise something today you will have to keep it come what may, so think twice before making that pledge.

#### AQUARIUS

**JAN 21-FEB 18**  
Give voice to your feelings but don't let all your resentments come to the surface at the same time.

#### VIRGO

**AUG 24-SEPT 22**  
What you have been worrying about these past few weeks was not worth the time or the effort.

#### PISCES

**FEB 19-MARCH 20**  
Steer clear of people who tend to talk about nothing else but their aches and pains and what's gone wrong in their life.





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All-Inclusive • Superior rm.  
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**\$1099**

\*Taxes & other fees  
(including service charges): \$213

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Jamaica • 4 1/2 ★

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(including service charges): \$266

**Samana**  
Gran Bahia Principe Cayacoa • 4 ★  
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